JEFFERSON JOURNAL

May/June 2020



Plagues, Epidemics, & Quarantines

What Does History Teach Us About Coronavirus?

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By Jennifer Margulis

The legally enforced social distancing to slow the spread of coronavirus that we are seeing implemented across the United States varies from state to state and sometimes even from county to county within states. This coronavirus is novel and this global panic is unlike anything most of us have seen in our lifetimes. But the public health strategy of separating people from each other that's being used in America and many other countries actually dates back to the Middle Ages.

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COVER: Todd Lovett, owner of Artist & Gardener, is able to make the most of the quarantine—he's a painter and a gardener, two endeavors that require minimal contact with the rest of the world. He looks forward to the day when he can invite the world back into his small shop in Jacksonville, Ore.
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TUNED IN

PAUL WESTHELLE

A Resilient Community

Like our neighbors, the new reality in which we find ourselves has shaken our organization to its core. We've done our best to invent new ways to work in order to be able to continue to provide our service, which we recognize is more important than ever to so many of our listeners. We've assessed risk, at times on a daily basis, so that we could fulfill our mission during this critical time while ensuring the health and safety of our staff and volunteers.

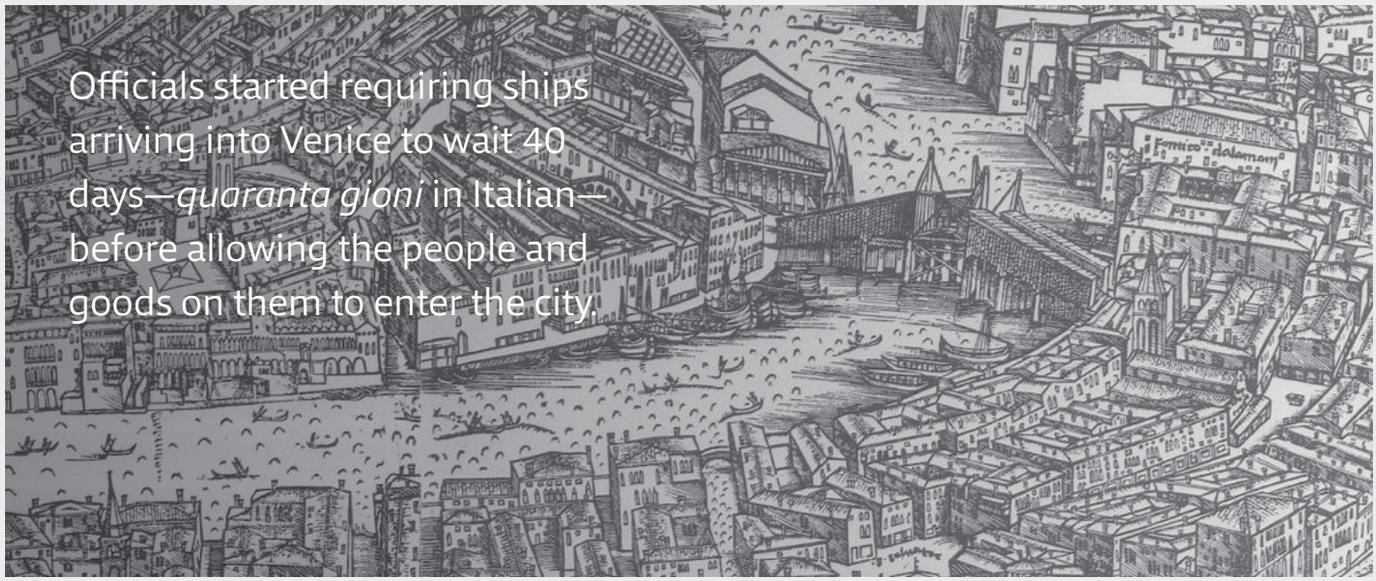
I've been truly impressed by the fortitude and resilience of the JPR community. Our staff has adapted gracefully to creating new work environments in their homes and developing both the new technical systems and procedures necessary for us to accomplish our essential daily tasks -- all while also adapting to new stresses on their family lives. Our colleagues at Southern Oregon University have supported us at every turn. And, our listeners have injected both heart and financial support to keep us moving forward.

- We limited the traffic in our studios to only absolutely essential personnel. Normally a bustling place, today babies could nap peacefully in the JPR studios. On most days, only a few staff wander the hallways and few of us cross paths. We eliminated all in-person guests on *The Jefferson Exchange* and cancelled all music live sessions. We put all programming done by local volunteers on a hiatus and began airing alternative or archived programs.
- All our reporters and many of our programming staff built radio studios in their homes. One of our reporters utilized a closet to create a sound booth. From these primitive spaces we've been able to create remarkably high quality results, and I confess that I've had a hard time distinguishing work produced in these make-shift spaces from that produced in our professional studios.
- We purchased boom poles (think selfie-stick for a microphone) for our reporters so they could conduct in-person interviews when absolutely necessary to get you an important story while also enabling them to maintain social distancing protocols.
- We assigned one person per day to disinfect our facility, focusing on our most tactile environments, like studios with shared sound boards and microphones. All our hosts also took on this work at shift changes.
- We engaged in planning sessions to develop ways to stay on the air in a worst case scenario during which all our staff became sick and couldn't physically come to our facility. This plan required us to develop new automated technical systems and remote operating capabilities and to obtain rights to programs we currently don't air so that we could air them on short notice if necessary.
- We postponed our traditional on-air Spring Fund Drive and began a "virtual" fund drive to secure the baseline support we need to continue operating. Members of our staff and some of our volunteers wrote and recorded personal messages that put our collective work in context with the time in which we are living. We began airing these announcements, which ask listeners to contribute at ijpr.org, on April 2nd, the day we were scheduled to begin our Spring Drive. As of now, this campaign has generated about half what we normally raise during a traditional drive. With two weeks remaining in our virtual drive as I write this column, we're optimistic that we'll land in a good place and be able to make up any shortfall with a short on-air drive when the world starts spinning again.
- We engaged in a thoughtful, rigorous discussion with NPR and fellow member stations around the country about how to combat the untrue statements, conspiracy theories and misinformation conveyed in live White House press briefings about the coronavirus so that public radio would not unintentionally contribute to misinforming the public during a time that trusted, accurate information is so critical to people's lives. We ultimately decided to air fewer live briefings so that we could have time to fact-check claims and provide context for information being disseminated.
- Our engineers focused their work on improving many of our remote mountain-top communication sites, where social distancing is very easy.
- Our classical music hosts, led by Valerie Ing, asked listeners to share stories about their favorite music as a way to build a sense of community and, in a small way, keep us connected as we all isolate ourselves in our homes. On-air we shared these stories and played the music connected to them. We received nearly 100 email submissions and played some beautiful music selected by our listeners. You can read some of these thoughtful comments beginning on page 8 of this issue.
- We provided weekly updates on the Covid-19 pandemic from Jackson County Medical Director Dr. Jim Shames on *The Jefferson Exchange*.
- We worked with our loyal underwriters and business partners to develop flexible programs that help them recover so that we can once again thrive together.
- We made masks and hand sanitizer for each other.

It's been said that "Adversity doesn't build character, it reveals it." I'm proud of the work JPR has done, and will continue to do, to serve our listeners during a time when our physical, social and economic health has been so fundamentally disrupted. This work is the result of an institution we have built together –staff, volunteers, Southern Oregon University, and, most importantly, listeners who believe in our mission and support us through good times and bad.



Paul Westhelle is JPR's Executive Director.



Officials started requiring ships arriving into Venice to wait 40 days—*quaranta gioni* in Italian—before allowing the people and goods on them to enter the city.

Plagues, Epidemics, & Quarantines

What Does History Teach Us About Coronavirus?

By Jennifer Margulis

Tamara Rubin is glad to be spending her days at home. Since early March, Rubin, her husband, and three of their four sons (the oldest is off at college) have been sheltering in place to avoid getting infected with coronavirus. A.J., age 17, Avi, age 15, and Charlie, age 11, have been spending their time doing art, playing cards, taking walks in the woods, and baking bread.

Rubin, who lives in SE Portland, is grateful for the statewide mandate to shelter in place.

"Two people in my family have chronic breathing issues, two of us are over 50," Rubin explains. "One of my kids is on a medication that further compromises his already compromised immune system. This quarantine is necessary for my family and others like us, and we're so appreciative of everyone who's participating."

Oregon has a population of a little over 4.1 million people. California's population is ten times that number. As I write this, in both states most businesses and all schools are closed and people have been doing their best to stay away from each other. Every time I run out for groceries there's a new distancing strategy in place. Last week it was plexiglass dividers between cashiers and customers. This week a manager was standing outside making people wait, allowing shoppers in one at a time to keep the number of humans in the same space together low.

The legally enforced social distancing to slow the spread of coronavirus that we are seeing implemented across the United States varies from state to state and sometimes even from county to county within states. This coronavirus is novel and this global panic is unlike anything most of us have seen in our lifetimes. But the public health strategy of separating people from each other that's being used in America and many other countries actually dates back to the Middle Ages.



CREDIT: TAMARA RUBIN

A walk in nature with the Rubin boys.

Europe's Black Death

Bubonic plague, also known as the Black Death, swept through Europe in an epidemic that started in the mid-14th century. Bubonic plague was a grim and terrifying disease, transmitted to humans from black rats via flea bites, as well

as from direct contact with other people. If you were bitten by an infected flea, the bacterium, *Yersinia pestis*, would migrate from the bite site into your lymph nodes, causing them to swell and form "buboes." Buboes—which is where the name bubonic plague comes from—are enlarged pus-filled fist-sized bumps, usually in the groin area, thigh, neck, or armpits.

Highly contagious with a mortality rate as high as 80 percent, the devastation wrought by this novel bacterial infection was chronicled by Marchionne di Coppo Stafani, a Florentine statesman. In 1348 Marchionne wrote about the "great pestilence" of "fury and violence" that caused people to flee in terror.

Marchionne explained how Florence disposed of the dead:

> "At every church [citizens] dug deep pits down to the water-table; and thus those who were poor who died during the night were bundled up quickly and thrown into the pit. In the morning when a large number of bodies were found in the pit, they took some earth and shovelled it down on top of them; and later others were placed on top of them and then another layer of earth, just as one makes lasagne with layers of pasta and cheese."

People in Europe understood the Black Death was contagious. Since Biblical times, lepers—people suffering from leprosy—had been socially isolated. Leprosy is a disease that causes skin lesions, loss of nerve sensation, tissue degeneration, and disfigurement. Though the mechanism of transmission were not understood in the 1300s, leprosy was also known to be contagious. (Leprosy is also an infectious disease caused by bacteria, *Mycobacterium leprae* and *Mycobacterium lepromatosis*.) In medieval France more than 2,000 leper asylums were built to keep people with leprosy away from the rest of society. Though bacteria were not discovered until a Dutch cloth merchant named Anton van Leeuwenhoek pulled an infected tooth out of his own mouth and examined his pus under a microscope in the 1670s, the concepts of contagion and isolation have been part of the social consciousness since the Middle Ages.

Quaranta gioni

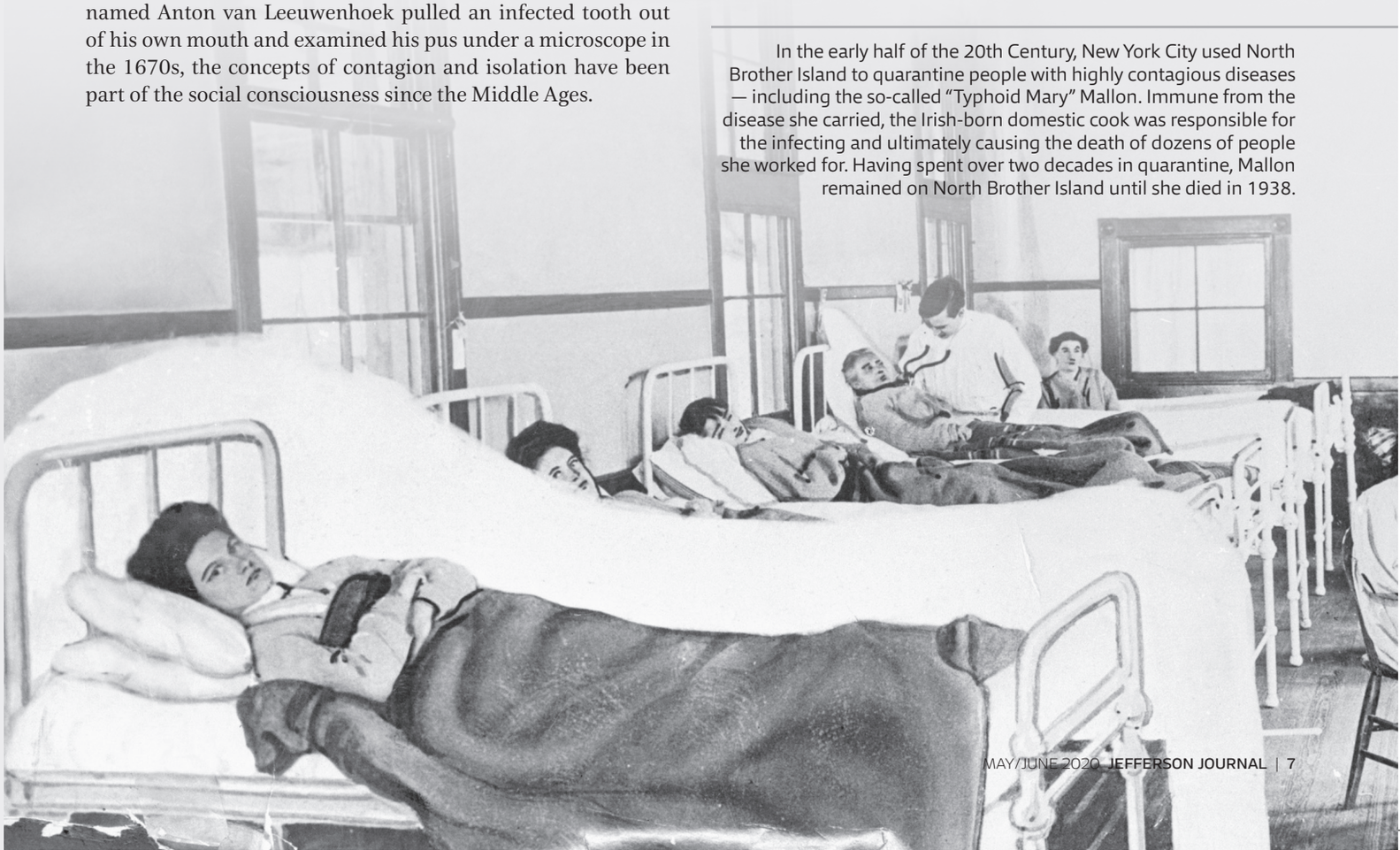
In fact, our word for "quarantine" dates back to when the practice began in the 14th century. Venice, situated on the Adriatic, was built on sea trade. Trading with the Byzantine Empire and the Muslim world, Venetians believed that the people on vessels coming into their port from other places were responsible for spreading the Black Death. In an attempt to protect coastal cities from the Plague, public health officials first tried a 30-day quarantine, requiring all incoming ships to anchor in the harbor.

It wasn't entirely effective. The Black Death killed approximately 25 million people, nearly a third of Europe's population. But this first Venetian experiment of isolating ships helped officials understand that from first exposure to bubonic plague until death was approximately 37 days. So officials started requiring ships arriving into Venice to wait 40 days—*quaranta gioni* in Italian—before allowing the people and goods on them to enter the city.

A "quarantino" in Italian is a set of forty. As the practice of isolating people suspected of being exposed to the plague spread from Venice through Europe, other cultures adopted both the idea and the word "quarantine" from the Venetians. At first forcing sailors, passengers, and their goods to sit at anchor offshore, Venetians started building quarantine housing on an unused island in the lagoon surrounding the city. They enforced quarantines throughout the 1300s, 1400s, and well into the 1600s as plagues recurred.

Social distancing in the United States

According to the International Leprosy Association, leprosy came to America between the sixteenth and eighteenth centu-



In the early half of the 20th Century, New York City used North Brother Island to quarantine people with highly contagious diseases — including the so-called "Typhoid Mary" Mallon. Immune from the disease she carried, the Irish-born domestic cook was responsible for the infecting and ultimately causing the death of dozens of people she worked for. Having spent over two decades in quarantine, Mallon remained on North Brother Island until she died in 1938.

Comfort During Quarantine: Classical Music Show & Tell

By Valerie Ing

The idea came to me in the middle of hosting *Siskiyou Music Hall* on Saint Patrick's Day. Oregon's governor had just issued new social distancing measures to help flatten the curve of the COVID-19 infection rate. It occurred to me that there were probably more people at home listening to their radios at that moment than ever before, depending on JPR for relaxing and uplifting music as well as vital news updates. I tried to find a few words of comfort for listeners who were feeling isolated in their homes, knowing they would have limited human interaction for perhaps weeks and weeks…and maybe a few more weeks.

So I reminded listeners that while they may be alone in their own homes listening to JPR, they are actually in good company, joined by listeners around the world who are all sharing the experience of gathering together virtually to enjoy the same piece of glorious music at the same time; that even alone, we are connected through the music.

And then it hit me. Why not give listeners the opportunity to get social with one another while practicing social distancing? Why not let listeners participate in choosing the music we share on the Classics & News Service? After all, I get to choose the music I share every day. Why not give our listeners a chance to help pick the playlist?

By the next day—the very day that the federal government declared a national emergency—we began asking listeners to send emails listing their favorite pieces of classical music, along with stories about why the piece was so special or memorable. We also invited listeners to share pieces that they found soothing to them during the crisis, along with any uplifting or supporting words for other listeners.

The response was immediate and overwhelming. Dozens of emails came right away, and soon after that we were also fielding phone messages and handwritten notes from near and far. For the next two solid weeks we enjoyed a daily classical music 'Show & Tell.' Each day was filled with music chosen by our listeners, for our listeners, along with messages and stories that made my heart soar.

Felix in Anderson, CA wrote: Way back in the mid-50s when I was a young child approximately 8 years old, I heard Tchaikovsky's Piano Concerto for the first time and nearly swooned. The theme in the first movement and the manner in which the piano and the orchestra play off of each other astonished me. In my innocent lack of understanding about human inspiration, I found it hard

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ries. It's a little-known fact that there were at least four leper colonies in the United States. A leprosarium was established in 1866 on a remote spit of land on Molokai in Hawaii. A quarantine center was established in 1885 on North Brother Island, a 13-acre piece of land between Riker's Island and the Bronx in New York. Another opened in 1894 in Carville, Louisiana; and a fourth leprosarium was built on the 75-acre Penikese Island, off the coast of Massachusetts, opening in November of 1905.

The founders of the leprosarium in Carville, Louisiana, lied about their cause: they told local residents they were establishing an ostrich farm. Afraid of social backlash, they brought patients infected with leprosy to the colony under cover of darkness. In 1999 the Carville colony was closed and the grounds were converted into a program for at-risk young people supervised by the Louisiana National Guard. Patients who were still living there at the time were given a choice of receiving a lifetime medical allowance, relocating to Baton Rouge, or staying on site.

Coronavirus concerns

We first started hearing concerns about a virus that caused fever, a dry cough, and lethargy—and that could lead to extreme respiratory distress, especially in older adults—in late January 2020. It was then that news agencies across the country reported that a 30-something Washington man had developed symptoms after returning from Wuhan, China. At the same time, the World Health Organization declared coronavirus, or COVID-19, a "public health emergency of international concern." The next day, January 31, the State Department warned Americans not to travel to China and President Donald Trump closed the United States to foreigners who had been in China in the past 14 days.

But America did not record a known death from coronavirus until a month later: on February 28, 2020. The number of cases at that time was believed to be about 87,000 worldwide, out of a world population of approximately 7.8 billion people. Then, in March, things started really heating up.

President Trump declared a national emergency and the CDC started issuing official recommendations to Americans to avoid large gatherings. The world watched as sports events, conferences, and even political debates were canceled. Public and private universities began contacting parents to tell them they were closing their campuses, and life in America came to a standstill.

Away on a 3-day trip and avoiding the news and the internet, my family and I were not aware of what was happening. Sure, Legoland during the second week of March was pretty empty. But we had purposefully planned our trip to California to coincide with the times it was always a "ghost town." Carlsbad downpours notwithstanding, families at the amusement park all looked healthy and happy, as unmindful of the crisis brewing as we were.

We returned home to a world turned upside down: Our oldest was abruptly booked on a 38-hour journey back from South Africa, where she was just weeks into a public health study abroad program. Our second, a first-year student at Reed College, was told to pack her bags as the dorms and the campus were closing. We started getting urgent emails from college administrators exhorting parents to get their kids off campus. Then Spring Break "started early" for our youngest two children as Ashland public schools decided to close. My 16-year-old son lost his job at

the bank. Just after we left, Legoland followed SeaWorld, Disney, and Universal Studios and closed its parks in Florida and California. All of a sudden, the country was in lockdown.

State by state

As the threat of coronavirus escalated into what has become an unprecedented personal, political, and economic crisis, I called James Mohr, Ph.D., a professor emeritus at the University of Oregon. Mohr is "well into" his seventies (he didn't want to tell me his age) and taught history classes for 26 years, including classes on the social history of medicine in the United States. He explained why each state was issuing different instructions to its residents.

"Medical policy has always been determined at the state level," Mohr told me. "In the Constitution all powers not given to the national government are reserved to the states. One of the reserved powers, under the Tenth Amendment, is health and medicine. Even today every state has its own licensing laws for physicians."

As a child growing up in Irondequoit, New York, Mohr himself remembers when public pools were shut to stop the spread of polio and when public health officials would quarantine the beaches around Lake Ontario because the water was too rank with pollutants to swim in safely. These quarantine strategies were nothing new, Mohr points out. During outbreaks of yellow fever in small southern towns in the 1870s, armed vigilantes would stand on the piers and tell passing ships to move along. The yellow fever virus is related to West Nile virus and spread from human to human via infected mosquitoes.

"They didn't understand how it was spread," Mohr says, "but it was known to be an epidemic disease. They didn't want people coming into town. So they would create vigilante teams, with guns, and turn people away."

This phenomenon happened again in America during the 1918 flu pandemic, Mohr tells me, when armed citizen posses would block roads to keep people out.

Most states have responded to the threat of coronavirus by issuing orders to non-essential workers to stay home. As of this

Read during quarantine:

What better time to catch up on those thick novels like Leo Tolstoy's 1865 *War and Peace* or George Eliot's 1871 *Middlemarch* than when you're social isolating in 2020? A source of solace and stress-relief, reading can take you places in your imagination that you can't go right now. So if you had to cancel a trip to Hawaii to count fish for Reef.org (like one friend), deflect your disappointment by reading Hawaiian writer Lois-Ann Yamanaka's 1997 novel *Blu's Hanging* or Sy Montgomery's 2015 *The Soul of an Octopus: A Surprising Exploration into the Wonders of Consciousness*. If you can't go visit your family in the Midwest, pick up Sherwood Anderson's 1919 book of short stories *Winesburg, Ohio*. See this quarantine as a chance to expand your horizons while sheltering in place.

Or keep your mind off real-life worries about COVID-19 by immersing yourself in something racy and compelling. I was in a reading rut until I discovered Michael Connelly's hard-edged rule-breaking homicide detective Hieronymus Bosch (named by his mother, who was a prostitute, after the medieval painter). Here's a short list of some of the best and most compelling fantasy and sci-fi novels about post-apocalyptic dystopias:

1. **Lois Lowry's *The Giver*** (1993): Jonas lives in a town where everything is perfect. But on his 12th birthday, when he is given a forever job, Jonas starts to realize that there is something outside his gray, war-free world where the weaker twin is killed and anyone who wants to leave is also put down. A now-classic coming-of-age dystopian novel, The Giver shows the dangers of trying to flatten life.

2. **Octavia Butler's *Parable of the Sower*** (1993): This brutal novel by a highly imaginative African-American science-fiction writer takes place in 2025. It describes a horror-filled world where dissenters are collared and tortured. The populist president's propaganda slogan is to make America great. Written by a genius before her time who deserves more fame and recognition than she garnered in her lifetime, *Parable of the Sower* offers a cringe-worthy account of what post-apocalyptic America might look like.

3. **Scott Westerfeld's *Uglies*** (2005): This page turner is set three hundred years into the future in post-apocalyptic abundance where everyone is considered ugly until they turn 16. At 16 they can get elaborate cosmetic surgery to fix their flaws and make them "Pretty." Fifteen-year-old Tally Youngblood, living in Uglyville, can't wait. She's eager to transform her frizzy hair, beady eyes, and flat nose so she can move to New Pretty Town. Stumbling upon renegades who explain that the operation is as much about mind control as nose chiseling, Tally finds out that there's a dark side to all this "beauty."

4. **Suzanne Collins' *The Hunger Games*** (2008): More than 28 million people have read *The Hunger Games*, which is set in a future ravaged by war, greed, and narcissism. According to the dictates of The Capitol, tributes from each of the 12 districts of Panem, a boy and a girl, are put into a life-sized all-terrain arena to battle to the death as the public watches and "game makers" control the play. Furious at her grieving mother and the laws that keep her family impoverished, Katniss Everdeen, the book's narrator, carries the story. Like Jane Austin's Emma, she constantly misreads people. This book is both a page turner and a brilliant commentary on the dangers of tyranny, gluttony, and materialism.

5. **Mary E. Pearson's *The Adoration of Jenna Fox*** (2008): Part science fiction, part medical thriller, this dystopian, technology-driven novel centers on seventeen-year-old Jenna Fox. Fox wakes up from what she is told was a year-long coma after a car accident unable to remember her own name. As she recovers, she finds herself consumed with suspicion about whether she is actually human.

to believe that a "mere mortal" had created that marvelous melody. For a few years I harbored the suspicion that an "angel" brought the written music down from Heaven and left it for Tchaikovsky to find and claim as his own. I grew to believe that Tchaikovsky did indeed deserve the credit for his composition, but I still swoon every time I hear that magnificent music.

Pepper Trail of Ashland, OR: Franz Schubert's Trout Quintet. It is the most joyous music I know, the delicacy of the piano perfectly balancing the sweeping flow of the strings, capturing the lively and enlivening energy of a pure mountain stream rushing headlong over smooth stones.

An anonymous listener said: Mendelssohn's String Quartet No. 2 in A minor. Of course I have many favorite composers and many favorite pieces, but this one always just makes my heart soar. The rest of it is lovely, but the Intermezzo is so special—it brings out all of Mendelssohn's joy, playfulness, and beauty, all wrapped up in one movement. He was 18 when he composed it, and I'm not sure if he ever did another quite as ethereal. Thanks for all you do and for keeping music in our lives during these challenging times. Stay healthy. We depend on you!

J.P. Perryman chose the Dives & Lazarus Suite of Ralph Vaughan Williams and said: I grew up in Macdoel, California (Siskiyou County) and listened to JPR at night when I would go to sleep. I now live in Eagle, Idaho, but love being able to stream JPR. I play it for my kids when they go to sleep.

Diane Barnes wrote: I had the privilege to sing Rutter's Requiem as a member of the German American Community Choir in Frankfurt, Germany years ago. It is moving for the listener as much as it is for the singer. The song is a musical painting of Psalm 23—the music (instruments and voices) giving life to the words of Psalm 23. The Oboe the tread of calm under the singers with an ending in wonderful triumph and hope. A piece of music to share that can bring hope and peace for these uncertain times.

Diane Hawthorne of Shingletown, CA said: Ode to Joy from Beethoven's 9th Symphony. North State Symphony cancelled its May 10th symphony due to the corona virus. They were going to perform Beethoven's Ode to Joy. It's very soothing when it's dark outside and I can sit, read and listen to JPR with lamps and a good book. Thank you for all you do. JPR is the only radio station I'm tuned in to, in my car and at home.

Continued on page 12

writing, 43 out of 50 states have stay-at-home orders. These include Washington, Oregon, California, and Idaho. In contrast, business is continuing mostly as usual in North Dakota, South Dakota, Nebraska, Iowa, Wyoming, and Arkansas. Washington, Utah, and Oklahoma have mandates in parts of the state only.

But Oregon's lockdown is statewide, extending even to remote areas like Emigrant Lake (where teenagers who want to go hiking are being shooed away by the Jackson County sheriff). Oregon's governor, Kate Brown, issued a definitive order on Monday, March 23, establishing restrictions on public activity. The governor's orders stipulate that people must stay home except to travel to essential work, buy supplies or groceries. Oregonians who defy the state orders may be charged with endangering the public's health, a misdemeanor that carries a $1250 fine or up to 30 days in jail. In addition to banning all recreational and non-essential travel, the governor's orders have shut down playgrounds and camp grounds, as well as shuttering shopping malls, tattoo parlors, hairdressers, gyms, and any public space where people cannot easily keep apart. Hardware stores, liquor stores, cannabis dispensaries, and gas stations have all remained open.

Governments around the world (with the notable exceptions of Sweden, Belarus, Singapore, and South Korea) have halted nearly all public life while simultaneously urging—or even forcing—people to shelter in place regardless of their health status. The logic behind these orders is that if everyone stays home, not just those who are sick, asymptomatic carriers of coronavirus won't be able to infect other people. With fewer infections, hospitals will not get overwhelmed, health care providers will stay safer, and we can "flatten the curve," that is, slow the spread of the virus so people don't all get severely ill all at once.

While many, like the Rubins, are grateful for these stay-at-home orders, others are not convinced that social distancing is the best approach. Critics of sheltering-in-place point to the nationwide rise in domestic abuse, child abuse, suicide, and depression. They also argue that humans thrive off social contact and that social isolation can be devastating to human health. Many have also expressed concerns about the economic consequences of shuttering businesses and laying off workers.

Paul Offit, M.D., a vaccine expert and professor of pediatrics in the Division of Infectious Diseases at Children's Hospital of Philadelphia, is concerned that our fear of the virus may be doing more harm than the virus itself. "No one seems to be willing to consider the other side of this," Offit wrote in a viral post on Facebook. "No one is working. Thousands are losing their jobs. Businesses are going under. As is true in previous financial disasters, there will be an increase in homelessness, addiction, crime, stress-related disorders, suicides, and domestic violence ... That too is a public health disaster. I'm not trying to minimize this pandemic at all. I'm just arguing for a more surgical approach."

Knut M. Wittkowski, Ph.D., a former senior research associate at the Rockefeller University where he worked on biostatistics and epidemiology, agrees. Wittkowski calls this indiscriminate social distancing "not well-thought-through." Wittkowski says it's important to keep the elderly and vulnerable separate. But he believes it is wrong of state officials to be closing schools. "Children do very well with these diseases," Wittkowski explains in an interview that has since been posted on YouTube. "They

are evolutionarily designed to be exposed to all sorts of viruses during their lifetime. And so they should keep going to school and infecting each other and that contributes to herd immunity."

Among Wittkowski's concerns is that social containment will actually prolong the epidemic. "With all respiratory diseases, the only thing that stops the disease is herd immunity," he says. "About 80% of the people need to have had contact with the virus, and the majority of them won't even have recognized that they were infected, or they had very, very mild symptoms, especially if they're children. So, it's very important to keep the schools open and kids mingling to spread the virus to get herd immunity as fast as possible."

A wake-up call for America

Many people don't realize that leprosy, now considered a mild and highly treatable disease, has not been entirely eradicated. In 2015, the most recent year for which we have statistics, there were 178 new cases reported in the United States, according to the National Hansen's Disease (Leprosy) Program. Bubonic plague is not entirely gone either. According to the CDC, an average of seven human plague cases are reported each year. Most occur in Northern New Mexico, northern Arizona, southern Colorado, California, southern Oregon, and far western Nevada. But these illnesses no longer plague us. Your chances of getting one are minuscule. And we have ways to treat them, especially if they're caught early.

Humans, like all multicellular animals, cohabitate with bacteria and viruses. Our bodies are actually teeming with bacteria, both beneficial and otherwise. They live in us and on us. One of the many roles our microscopic hitchhikers play in our bodies is defense against harmful infections. While we may never entirely "beat" or "conquer" infectious diseases like COVID-19, there is no question that we can all improve our health so that viral and bacterial infections don't overwhelm us.

That we can make simple changes to live longer, healthier lives is a message Shanhong Lu, M.D., Ph.D., an environmental medicine physician based in Mount Shasta, California, would like more people to understand. Lu has been following the coronavirus outbreak closely. When I reach her by phone she has just ordered 50 blood spot tests to measure antibody levels. Though experts are not yet sure if humans can be infected more than once, when you have antibodies to COVID-19 it means you have been exposed and are presumed to be immune. Lu is eager to test herself and her husband as soon as possible.

For Lu, the current shelter-in-place orders are an opportunity for Americans to take better care of themselves. She points out that it's not the virus itself that we should fear, but a severe reaction—like respiratory distress or death—to the virus. If you have a healthy immune system, Lu insists, you will be less likely to have a bad outcome. Lu believes it is because we eat unhealthy pro-inflammatory foods and because so many Americans have lifestyle-induced health problems, like heart disease, diabetes, and obesity, that we have been hit hard by the virus.

"Americans are prone to have higher incidents of bad reactions," Lu says. "That's a wake-up call. What we need to learn from this is that we need to get our bodies healthier, and less toxic." For Lu being healthier means eating a diet of organic, whole, mostly plant-based foods and living a less toxic life. This includes avoiding alcohol and cigarettes and avoiding exposure to environmental toxins, especially glyphosate-based herbicides. Glyphosate is the main ingredient in the herbicide Roundup and other weed killers. "It's a systemic disruptor of multiple symptoms of our body," Lu says. "You can't have optimal healing if you have a toxic inner environment."

Getting outside is important too. Geoff Houghton, N.D., a naturopathic doctor based in Ashland, argues that limiting Americans access to nature is the wrong approach. "Closing down the more popular trails is counterproductive," Houghton says. "The net effect is concentrating outdoorsy people in fewer places. We should have everything open so people can disburse, not limit people's access to the outdoors."

My youngest is spending her days jumping on the trampoline, going mountain biking with her older siblings, and listening to audio books. Yesterday we went for a photography walk, wandering around the neighborhood taking pictures of the tiny white trillium flowers and the bright yellow Oregon Grape blooms. The pink and white magnolia trees are magnificent this time of year. My daughter is an extrovert and her heart aches from missing her friends. I worry about my children's mental health. I worry about the economic impact of this shut down. But I'm an optimist by nature. We humans made it through the Black Death. We'll get through this too.



Jennifer Margulis, Ph.D., is a regular contributor to the Jefferson Journal. Her recent feature for the magazine, "Shedding Light On Darkness," tackled the difficult subject of the rise in suicide among young people. An award-winning journalist, Fulbright grantee, and speaker, Dr. Margulis lives with her

Staying healthy during corona, 3 local doctors weigh in:

"Outdoor exercise and exposure to nature are of paramount importance in managing the tendency towards depression and anxiety under these circumstances. I recommend you spend some time outside, preferably exercising, every day."

Meredith McBride, M.D.,
Columbia, California

"If you don't have a healthy body, you can't conquer infectious disease. Food is truly healing. To enhance your body's innate ability to heal, you must give your body nutritional tools through optimal nutrition."

Shanhong Lu, M.D., Ph.D.,
Mount Shasta, California

"Stay far far away from Tylenol. Its main ingredient is acetaminophen, which depletes glutathione, which is critical for maintaining lung function. The people most at risk for bad reactions are folks with lower glutathione, like smokers and older adults."

Geoffrey Houghton, N.D.,
Ashland, Oregon

Jean Semrau of Ashland, OR requested: That sublime quartet from Verdi's Rigoletto, 'Bella figlia dell' amore.' The final soprano note always brings me to tears—such incredible beauty. Thank you so much for this invitation! Doing things to promote community seems so important these days. Blessings to you both, and again, deepest thanks for what you are doing.

Brian of Grants Pass, OR: Tchaikovsky's Serenade for Strings. I can't help but swing and sway to this addictive waltz melody.

Christian Carson: Franz Schubert's Standchen. I first heard this piece actually while walking through downtown Ashland and it brought tears to my eyes. I have been thinking about that piece lately as I walk through through the rather deserted streets of downtown.

John Maas of Eagle Point, OR: Ottorino Respighi's Ancient Aires & Dances. This wonderful synthesis of the baroque and lyrical Italian calms my soul.

Kellie Humphrey: Gustav Holst's "The Planets." It holds special meaning for since hearing it at Royal Albert Hall in the summer of 1985 when I was 17. I was part of the United States Collegiate Wind Band sponsored by Purdue University. Nature added to the performance with a thunder storm. The thunder added nuances that really made the performance spectacular. Unfortunately never to be duplicated ever again.

Dominic Favero of Siskiyou County, CA: The Chorus of the Hebrew Slaves from Verdi's Nabucco: this opera was first introduced to me by my Italian grandmother born in Posagno, Veneto region of Italy . . . I first saw Nabucco in San Francisco in the 80's and heard it again on Live from the Met in 2002 . . . while brushing my teeth . . . during which time after the performance of "Va, Pensiero" the audience applauding and screaming "MORE, MORE," I heard the announcer exclaim "oh my god, the orchestra is playing it again" . . . how wonderful for me and the New Yorkers . . . as an homage to my family in Italy and the citizens of Italy please play your best recording of 'Va Pensiero" . . . remembering that music is a conversation that unites us all during this unsure time . . .

Continued on page 14

Social Distancing, Jacksonville Style

Photos by David Gibb

Jacksonville has been my home and the location for my photography business for over 30 years. In that time I have watched it transform from a sleepy, small gold rush town to a prime destination for tourists who enjoy world class entertainment, fine wine, and the pristine outdoors. The cloud of the pandemic was like a switch turning our town from bustling and active to quiet and sleepy again, as the photographs illustrate. I have faith and confidence that Jacksonville will come back from this current paralyzed state. The historic town itself has weathered many events, long before I arrived, and I have no doubt that the town and its robust residents and business owners will weather this episode. Like so many other towns in the JPR listening area, Jacksonville is a strong and unified community. In the midst of the pandemic, I, like many of you, am finding that I have more time to finish projects; I have the mental space to work on new ideas, and the leisure time to take more walks. This slower pace of life does have its benefits, however the uncertainty of the future makes me less able to enjoy it. I'm quite sure that we may have a changed perspective on our lives after this passes. For now, a walk with my camera mid-day on Apil 16, 2020 may provide a glimpse into the story of how Jacksonville has adapted to these uncertain times.

David Gibb lives and works in Jacksonville, Oregon. He owns David Gibb Photography & Design, a portrait and commercial photography studio.



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FAR LEFT: 9-year old Jacksonville resident Natalia Thornton remains stylish, even in quarantine. This third-grader maintains a loose schedule of bike riding, gardening, play-time, and of course schoolwork.

LEFT, PREVIOUS PAGE: Businesses like the Jacksonville Wine Shop and Jefferson Farm Kitchen find ways to make customers happy while adhering to strict social distancing standards.

BELOW: Jacksonville's California Street, usually bustling with people and commerce, is eerily quiet on this mid-April day.



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Barb Settles of Ashland, OR: Rachmaninov's 2nd Piano Concerto. When I was in Kabul, Afghanistan, 54 springs ago, a German Family living in Kabul loaned me a rocord player and this Rachmaninoff piece on a record. It was April, right after New Year's Day for Afghanistan, and I had fallen in love with another volunteer, so much in love, but he was in another province, quite far away so all I could do was listen to this recording and feel every so consoled, and loved. This brings love to my heart, just thinking of the name Rachmaninoff. It would be lovely if you could play it on your program sometime.

Donna Clark of Eureka, CA: Tchaikovsky's Violin Concerto in D. Around 1955-6 when I was 3-4 years old my parents had a record player that looked like a big brown suitcase. The front had a mesh like section which was the speaker. Next to it was a clear plastic tube that stuck out; it lit up when the record player was on. My earliest memory is curling up in a little ball on the floor and looking at that light and listening to our collection of classical records. One of my favorites was Tchaikovsky's Violin Concerto in D. Opus 35. We probably had a Jascha Heifetz recording. Since then, it has always been a piece that grabs my heart. When I was in high school we went to the Santa Barbara Bowl and heard Itzhak Perkman playing the violin accompanied by the natural chirps of frogs. It was an experience I still cherish to this day.

Jean Jacobsen of Talent, OR: Ralph Vaughan Williams' The Lark Ascending. It was written just before the First World War and I once heard it described as ethereal music to hear just before dying! So we might dedicate this piece to all those who are now unfortunately dying from the Corona virus. To me it evokes a peaceful place in nature, with birds, butterflies, and flowers.

Leslie Scopes Anderson of Arcata, CA: Edvard Grieg's Piano Concerto in A minor. The first time I heard it was in my early teens as the score of a movie about Norway. They showed serene scenes of fjords and snow-crowned peaks as the music played. Now the piece always evokes inspiring images of nature whenever I hear it! Keep up the beautiful, uplifting music! We need it!



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FAR LEFT: The historic Jville Tavern is usually packed with patrons, but today, April 16, 2020, there's not a regular in sight.

LEFT: The Britt Festival, an integral part of Jacksonville's economy, *will* again be flooded with music fans from all around the region, but the question is *when*.

BELOW LEFT: *Oyster & Ales Wednesdays* will have to wait, but the smiling staff of Bella Union Restaurant & Saloon get creative with curbside pickup of food, wine and beer-on-tap.

BELOW: The wheels have to keep turning at Food & Friends, the only Meals on Wheels program serving Jackson and Josephine Counties.



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DOWN TO EARTH

CASSANDRA PROFITIA

Selling seafood directly off the boat could be a good option for fishermen right now but it's a lot for a small fishing business to take on.

Restaurant Closures Put Oregon Seafood Industry In Limbo

Commercial fisherman Clint Funderburg should be on the ocean right now, catching Dungeness crab on his fishing boat, the Widgeon. Instead, he's in his shop in Newport, and his boat is parked at the dock – likely until June.

When crab prices tanked a few weeks ago, he shifted gears to his off-season side gig. So, he's building a refrigeration system for one of the many fishing boats that are stuck at the dock right now.

The coronavirus pandemic dealt its first blow to the West Coast fishing fleet back in January, cutting off lucrative live crab sales to China for the Chinese New Year.

From there, things only got worse as the virus spread across the globe and restaurants everywhere closed their dining rooms. This time of year, Funderburg would normally be getting $7 or $8 a pound for Dungeness crab. When it got down to just $2 a pound last month, he gave up.

"The company was starting to lose money," he said. "We just quit fishing, called it a season. There are very few people left fishing. You know, you basically can't hardly get rid of the crab. Normally, we would crab through May, and a lot of the guys do. Especially the smaller boats count on March, April, May to really make their seasons."

The pandemic has him thinking differently about what's worth fishing for right now. He's decided to keep his boat at the dock until June when he can catch albacore tuna - which is more likely to be canned and sold in grocery stores.

Mandatory restaurant closures during the coronavirus pandemic have sent shock waves through Oregon's $700 million seafood industry. The overwhelming majority of the seafood that lands on Oregon's docks gets eaten in restaurants, and no one knows when that market will return. In the meantime, fishermen are parking their boats as seafood prices plummet. Seafood processors are filling up their freezers and selling most of their products to grocery stores while trying to minimize layoffs at their processing plants.

Funderburg said some seafood options are more heavily dependent on restaurants than others, and that's a key factor in his decisions about fishing right now.

"Crab is one of those things that, you know, the majority of it's eaten in a restaurant in a fancy dinner when people come to the coast," he said.

Normally, he'd go shrimp fishing when he was done crabbing, but he decided against it this year.



CASSANDRA PROFITA/OPB

Local Ocean Seafoods owner Laura Anderson, right, hands a seafood meal kit to a customer who signed up for the company's new "Dock Box" offering.

"Because once again, that's primarily a restaurant product," Funderburg said. "You know, the restaurants are shut down and nobody's even sure what shape the restaurants are gonna be in when they open back up. How many restaurants are going to survive this, and how many people are gonna eat expensive seafood dinners out on the town when things change?"

Seafood restaurants close and retool

The same kinds of questions are looming over Local Ocean Seafoods, a restaurant and fish market on Newport's bayfront.

Owner Laura Anderson is standing inside her restaurant and greeting customers on the sidewalk from behind a face mask. Behind her, employees are snapping open to-go bags and racing to fill them with food.

"Hiya! Hi Theresa!" she calls out, pulling out a clipboard with a spreadsheet of customer names. "Is it under Bill's name?"

Ever since Gov. Kate Brown ordered the closure of dine-in restaurants, Anderson has been scrambling to set up a new way to sell the seafood her business depends on. She scans the sheet of customer orders for the new meal kit they're calling a "Dock Box."

"William, maybe? We have this sorted by first name, which is ridiculous," Anderson says.

They're offering the meal kit for pickup or delivery, drawing on their existing customer base to keep some semblance of a business going while the Local Ocean Seafoods restaurant and fish market are closed. They spent the morning cutting tuna, making crab cakes and packing the makings of a seafood dinner into ziplock bags and cups with lids that they warned customers weren't performing as well as they'd hoped.

"It seemed so simple, just put together a little meal kit. How hard could it be?" Anderson said. "But normally, I don't know, you'd take a long time, maybe a month or two, to set something like this up. So it's been intense."

Anderson said she basically started up a whole new business in a matter of days, choosing a product and figuring out how to package and market it after she closed the popular business she had been running.

"I called the staff in and I had to lay off all of our dining room service staff," she said. "That was a hard day."

Now, Anderson is carefully measuring exactly how much seafood she should buy from fishing boats so that nothing goes to waste. And she's thinking about ways to expand her offerings to keep some employees working and cover expenses like rent and healthcare.

"I always remind my staff and tell them when I'm training them that we're not just another fish and chips joint. To me that was really clear in the face of this crisis," Anderson said. "Our whole premise for Local Ocean is that we have access to this fresh, wild Oregon seafood and that people want it. We have a unique access to that because of the relationships we have with fishermen at the docks. And that hasn't changed, that's still there. Even though our dining room closed, we still have the relationships."

Direct marketing offers hope

Most of Oregon's seafood market has shifted to grocery stores for now.

But fishermen and seafood processors say without knowing when restaurants will reopen, they're hoping to do their own version of what Local Ocean is doing now: marketing seafood directly to people who can cook it up and eat it at home.

Glen Spain, Northwest regional director for the Pacific Coast Federation of Fishermen's Associations, said selling seafood directly off the boat could be a good option for fishermen right now but it's a lot for a small fishing business to take on.

"Markets are disappearing," he said. "Between 60 and 80% of our markets were restaurant-based, particularly for smaller local boats that delivered to the local community. That's a big problem. So, people are doing everything they can to develop new markets."

Congress recently appropriated $300 million in disaster assistance for the seafood industry in its $2 trillion COVID-19 relief package last month, but Spain and others have said the industry is going to need a lot more to sustain seafood markets during and after the pandemic.

"Spreading that out over an entire fishery with tens of thousands of people all of whom are losing money is not going to be enough," he said. "It's gonna be barely enough to keep us alive but it won't support our infrastructure."



CASSANDRA PROFITA/OPB

Commercial fisherman Clint Funderburg works a side job building refrigeration for one of many fishing boats that are stuck at the dock during the coronavirus pandemic.

After restaurants were forced to close, Pacific Seafood, the largest seafood processor on the West Coast, turned its business upside down to prioritize grocery store markets.

Tony Dal Ponte, director of government affairs for Pacific Seafood and a member of the company's COVID-19 response team, said his company had to make some layoffs and reconsider what kind of fish it should buy from the fishing fleet.

"When you close the restaurants or significantly limit restaurant demand, we have to change what we're processing, what we're distributing and who we're talking to," he said. "We've been partnering with our retailers on ready-to-eat and ready-to-cook products that are easier for families that are sheltered at home to cook and make for themselves."

Last week, the company launched its own online seafood market to deliver seafood directly to consumers and has seen people ordering seafood not just for themselves but also as gifts for friends and family.

Fishermen are used to dealing with uncertainty, according to Nancy Fitzpatrick with the Oregon Salmon Commission. But with this year's salmon season coming up, she said, it's unclear what market there will be for any salmon that comes in and if there isn't whether the salmon can be frozen or canned and sold later.

"There are a lot more unknowns than a typical season, unfortunately," Fitzpatrick said. "Every year you have to wonder: Do we get a season? Is the price there? Now we add no markets. You won't know until the first boat comes across the dock."



Cassandra Profita is a reporter for OPB's Science & Environment unit.

[i] ashland independent film festival

VIRTUAL FESTIVAL



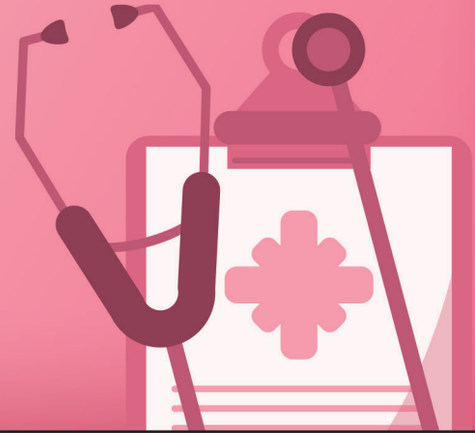
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INSIDE THE BOX

SCOTT DEWING

Must Privacy Die To Save The World?

Remember the Health Insurance Portability and Accountability Act of 1996, commonly referred to as HIPAA?

For those of you who don't, or don't want to, or hadn't even been born yet, let me take you back to the 90s when then-president Bill Clinton signed HIPAA into law. HIPAA was "designed to provide privacy standards to protect patients' medical records and other health information provided to health plans, doctors, hospitals and other health care providers."

HIPAA was a behemoth and complex collection of legislation and created entirely new layers of bureaucracy all the way from the federal government down to the single-practitioner doctor's office in the middle of nowhere.

A major component of HIPAA was the privacy rule, which established a set of national standards for the protection of individual's health information. According to the U.S. Department of Health & Human Services, "the Privacy Rule protects all 'individually identifiable health information' held or transmitted by a covered entity or its business associate, in any form or media, whether electronic, paper, or oral."

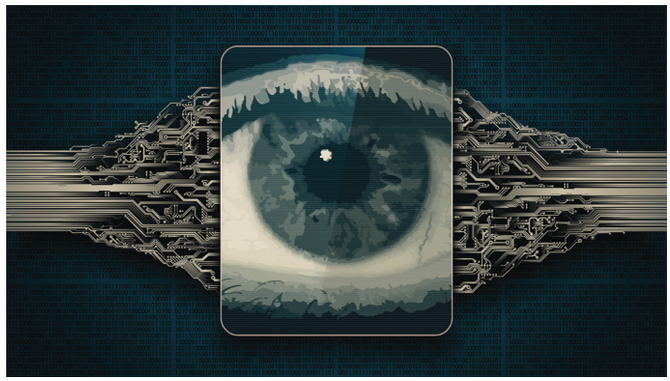
One of the major purposes of HIPAA was to protect your health information and your privacy.

Fast forward to 2020 and a world gripped in the throes of a global pandemic and a major health crisis and our privacy is going to be pulled apart at the seams in ways we haven't even imagined yet.

For example, last month Apple and Google announced a joint effort to develop a contact-tracing system for tracing the spread of COVID-19, the disease caused by the novel Coronavirus (SARS-CoV-2).

"Contact-tracing" is the process of identifying people who may have come into contact with an infected person and testing those contacts for infection. It is a time-consuming and imperfect process that has been used by public health workers to try and stop the spread of infectious diseases such as tuberculosis and HIV.

According to Google's press release regarding the Apple/Google joint contact-tracing effort, "Since COVID-19 can be transmitted through close proximity to affected individuals, public health organizations have identified contact-tracing as a valuable tool to help contain its spread. A number of leading public health authorities, universities, and NGOs around the world have been doing important work to develop opt-in contact tracing technology. To further this cause, Apple and Google will be launching a comprehensive solution that includes application programming interfaces (APIs) and operating system-level technology to assist in enabling contact-tracing. Given the urgent need, the plan is to implement this solution in two steps while maintaining strong protections around user privacy."



Whenever privacy protection is highlighted by a technology company, that's a red flag that you're going to have to surrender some privacy in order for the new gadget or system to work effectively. If we haven't learned this lesson already with the rise of social networking apps, then we never will.

What the Apple/Google partnership—let's just refer to them as "Goople"—plans to build and release is an Application Programming Interface (API) that enables cross-platform interoperability between Android and iOS apps provided by public health authorities. These apps will be available to users via Google Play Store and the App Store.

Android is Google's mobile operating system that runs on 52 percent of the world's smartphones. iOS is Apple's mobile operating system that runs on the remaining 48 percent of the world's smartphones. Goople owns the underlying operating system of the world's 3.5 billion smartphones.

Following the build and release of an API, Goople further announced that they would build "a broader ecosystem of apps for government health authorities" that uses Bluetooth to establish an "opt-in" contact-tracing network that retains extensive data on phones that have been in close proximity to one another.

According to a white paper on the proposed system, the Bluetooth contact-tracing feature "will only be used for contact-tracing by public health authorities for COVID-19 pandemic management". Goople also states that no personally identifiable information or user location data will be collected and that the "list of people you've been in contact with never leaves your phone." Lastly, they state that "explicit user consent is required."

In other words, the contact-tracing system being developed by Goople will be an "opt-in" system.

Continued on page 20

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Photo: Frank Lospalluto

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Inside The Box

Continued from page 19

The problem with an "opt-in" system for contact-tracing is the same problem you would have with voluntary shelter-in-place and social distancing efforts. Not everyone's going to choose to do that. And if the majority of your population isn't practicing social distancing and staying home except for essential activities like buying groceries, then your effort to flatten the curve of a pandemic will be unsuccessful.

This is why some states, including Oregon and California, have mandated shelter-in-place and social distancing with executive orders issued by the governor and enacted fines of up to $1200 for violation of those orders.

Goople's contact-tracing system will be rolled out as an "opt-in" but will likely prove only partially effective because there will be a large user base that does not download the apps and opt-in.

If that is the case, and I think it will be, then lawmakers will be tasked with determining if public health concerns outweigh consumers' privacy concerns. If that is determined to be the case, then the initial opt-in will become mandatory via legislation and contact-tracing will not be an app you can choose to install or not install on your phone—it will be integrated into the underlying operating system of your smartphone.

We have already surrendered so much of our privacy in the modern digital age, the rapid erosion of which can be traced back to the September 11, 2001 terrorist attacks on the World Trade Center and the Pentagon. It seems that the COVID-19 pandemic is another watershed moment in history in which we will have to weigh individual privacy against public health concerns. As we have learned with 9/11 and the ensuing Patriot Act, once you give up a piece of your privacy, you never get it back.

Regardless of what the Googleplex tells us, I can't imagine a contact-tracing system being effective without making it mandatory and providing personally identifiable information and location data to public health organizations. This is how contact-tracing has always worked. You have to know who is infected, where they went, and whom they interacted with.

COVID-19 is not the first pandemic we've had nor will it be the last. Must privacy die to save the world from these sorts of pandemics through a contact-tracing system that will need to trace our movements and interactions in order to limit the spread of disease? I suspect it might. Brace yourself not just for another pandemic, but an upcoming privacy fight.



Scott Dewing is a technologist, writer, and educator. He shelters-in-place on a low-tech farm in the State of Jefferson.

THEATRE

GEOFF RIDDEN

In 1604 it was decreed that public playing on the London stage should cease once the number of those who died every week of plague rose “above the number of 30”.

When Theatres Close

I’m writing this article on March 17, 2020 St Patrick’s Day, and I am wearing green—but I’ll not be going to a pub today to celebrate, because bars, restaurants and theatres are all closed as a result of Covid-19, and, instead, I’m taking this opportunity to reflect on how and why theatres close.

Having spent many summers in the Rogue Valley, I’ve grown accustomed to standing on the porch in late afternoon, checking the skies and wondering whether the open air performance at Oregon Shakespeare Festival’s Allen Elizabethan Theatre would go ahead. Rain is the most persistent threat to outdoor theatre. I have acted in many such shows in England in the distant past, and managed to escape with no cancelled performances—however, I remember well a production of *Hamlet* in Le Jardin Shakespeare in Paris, in which the majority of performances were rained off. OSF suffers from rain-affected shows most years, and even occasionally suffers flooding, most recently in 2015.

Sadly, we’ve become accustomed to smoke too, notably in 2018, when the theatre at Ashland High School was pressed into service. There have even been problems with indoor theatres at OSF: a structural problem in the roof closed the Angus Bowmer Theatre in 2011, and shows were moved into a tent in Lithia Park.

All these cancellations are costly, but the 2020 cancellations may well set new records. The loss of income to OSF is high, but we should not forget that, since all theatres in the region are closed, the pain is felt by smaller companies too. These smaller companies may face real struggles to keep afloat after this setback. In the current situation. I was told by the director of one such company that if you had a ticket for a show which had been postponed or cancelled, it would be greatly appreciated if you decided to give back the price of that ticket as a donation: these companies rely very heavily on ticket sales, and, in many cases, do not have the safety net of sponsors and donors

The closure of theatres is by no means a recent phenomenon: it has a long history. The theatres of Shakespeare’s time were a fertile breeding ground for communicable diseases. In 1604 it was decreed that public playing on the London stage should cease once the number of those who died every week of plague rose “above the number of 30”. Two years later, the plague ravaged the capital, and all theatres were shut down. The enforced leisure caused by their closure allowed Shakespeare the time to write *Macbeth* and *King Lear*. However, his landlady in Silver Street, Marie Mountjoy, seems to have been far less fortunate: she died, apparently a victim of the disease.



In the past, theatre has also been affected theatre by politics. In 1919, a month-long dispute between Broadway producers and the actor’s union, Equity, closed some 40 productions across the city of New York, and brought revenue losses of more than $3 million: the resolution of that strike led to the full recognition of Equity as the professional actors’ union.

Perhaps the most significant intervention made by politics into the world of the theatre took place in the middle of the seventeenth century in England when, after the Puritans came to govern the country, theatres (largely in London) were closed for some eighteen years. This was less to do with the content of the plays, than with fears of large groups of people coming together and potentially sharing anti-government, Royalist views. This closure proved to be a watershed in the history of English theatre. Prior to 1642, London theatre had flourished in both outdoor and indoor venues. After eighteen years of lack of use, the outdoor theatres had fallen into disrepair, and so, after 1660, theatre moved entirely indoors. Tickets were much more expensive and the audience came increasingly to be drawn from the wealthier class. That legacy has continued: no new outdoor theatre was built in London for more than three hundred years until the opening of the reconstructed Globe in 1997. As you perhaps know, the guiding figure behind that reconstruction was an American, the actor and director Sam Wanamaker.



Geoff Ridden has taught in universities in Africa, Europe and North America. Since moving to Ashland in 2008, he has become a familiar figure on radio, in the theatre, in the lecture hall and on the concert stage. He is artistic director of the Classic Readings Theatre Company and has a particular interest in adaptations of the plays of Shakespeare. Email geoff.ridden@gmail.com



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ON THE SCENE

ANGELA DECKER

> If you see someone crouched under a table draped with blankets, maybe it's kids playing blanket fort, or maybe there's a reporter working under there.

News Never Sleeps

Recently, I had to insist my husband go on a "news cleanse" when I found he'd been awake into the wee hours most nights reading article after news article about the snowballing impact of the novel coronavirus. I don't believe he chose to binge on COVID-19 news because he loves to worry. It's that stories about the virus have gone viral. Coronavirus doesn't just dominate the health and finance sections of the national media, it has infected every topic area of every news source. Even sports and entertainment headlines have been all about the virus.

The never-ending cycle of regular news can be disturbing enough, but add a global pandemic and it's no wonder some folks can't sleep. *The Jefferson Exchange* recently hosted a local therapist who advised limiting your consumption of news if it's causing anxiety or stress. She recommended choosing just one or two specific times each day to check in with trusted news sources.

My husband decided that he would limit himself to 60 minutes of news a day. He'd stick with his usual morning dose of JPR, alternating between *Morning Edition* and the *Jefferson Exchange*. At night, instead of reading news online, he's listening to music, watching sitcom reruns with the kids, or reading a book. He's sleeping better now.

I admit, I've been guilty of news over-indulgence as well. Given my work at JPR, I can't really take a break from the news. Fortunately, the regional news on JPR is delivered by incredibly committed and hard-working journalists sharing information we need and stories we can learn from.

COVID-19 is impacting communities all over the world, but JPR is covering its impact right here in the State of Jefferson. We bring you the voices of local health officials, city and county leaders, health workers at our regional hospitals, owners and employees of shuttered local businesses, teachers from our kids' empty schools, and our neighbors helping one another.

And, though eclipsed by the pandemic storm, there remain countless other issues affecting our communities that never went away--wildfire readiness and resilience, affordable housing shortages, education funding gaps, social inequities, and much more.

It's not all doom and gloom, of course. JPR also brings you inspiring stories of hardworking people in the region, fascinating local history, and insightful interviews with interesting people. And when you're ready for a break from the news, there's always great music playing. It's all about balance.

Like many workers these days, JPR reporters April Ehrlich, Erik Neumann, Dave Young and Liam Moriarty have been banished from the office building. But that hasn't stopped them from bringing you the regional news you depend on. They are conducting interviews by cell phone, writing stories on their laptops, and even recording broadcasts from makeshift studios in their homes. It turns out that closets have pretty decent acoustics, where closely-packed clothes absorb echoes and dampen background noise. And if you see someone crouched under a table draped with blankets, maybe it's kids playing blanket fort, or maybe there's a reporter working under there.

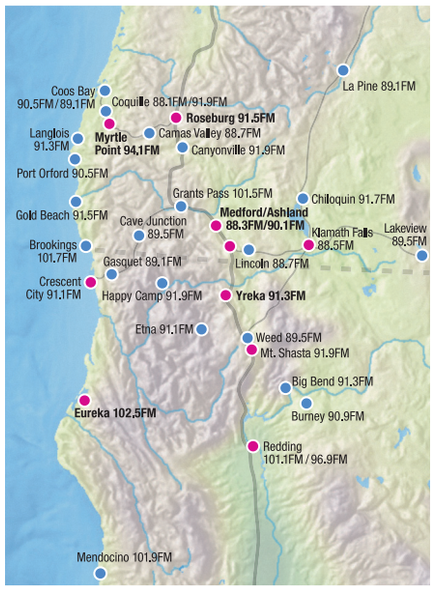
When it feels like society has shut down, it can be reassuring to know that your regional reporters are still working their butts off. Their perseverance is a reminder of how much public radio matters. JPR and other public radio outlets provide the news and programming we need for a healthy, balanced community. Avoiding worry may be impossible these days, but knowing we can rely on public radio should help us all rest a little easier.



Angela Decker is one of the hosts of *Morning Edition* and a producer for the *Jefferson Exchange*. She's lived in the Rogue Valley for over 15 years and firmly believes no other place has a more beautiful sunrise.



Classics & News Service



- **FM Transmitters** provide extended regional service. (KSOR, 90.1FM is JPR's strongest transmitter and provides coverage throughout the Rogue Valley.)
- **FM Translators** provide low-powered local service.

Monday through Friday

5:00am Morning Edition
7:00am First Concert
12:00pm Siskiyou Music Hall
4:00pm All Things Considered
6:30pm The Daily
7:00pm Exploring Music
8:00pm State Farm Music Hall

Saturday

5:00am Weekend Edition
8:00am First Concert
10:00am WFMT Opera Series
2:00pm Played in Oregon
3:00pm The Chamber Music Society of Lincoln Center
4:00pm All Things Considered
5:00pm New York Philharmonic
7:00pm State Farm Music Hall

Sunday

5:00am Weekend Edition
9:00am Millennium of Music
10:00am Sunday Baroque
12:00pm Siskiyou Music Hall
2:00pm Performance Today Weekend
4:00pm All Things Considered
5:00pm Chicago Symphony Orchestra
7:00pm Deutsche Welle Festival Concerts
9:00pm State Farm Music Hall

Stations

KSOR 90.1 FM
ASHLAND

KSRG 88.3 FM
ASHLAND

KSRS 91.5 FM
ROSEBURG

KNYR 91.3 FM
YREKA

KOOZ 94.1 FM
MYRTLE POINT/COOS BAY

KZBY 90.5 FM
COOS BAY

KLMF 88.5 FM
KLAMATH FALLS

KNHT 102.5 FM
RIO DELL/EUREKA

KLDD 91.9 FM
MT. SHASTA

KHEC 91.1 FM
CRESCENT CITY

KWCA 101.1 FM
REDDING

Translators

Big Bend 91.3 FM
Brookings 101.7 FM
Burney 90.9 FM
Camas Valley 88.7 FM
Canyonville 91.9 FM
Cave Junction 89.5 FM
Chiloquin 91.7 FM
Coquille 88.1 FM
Coos Bay 90.5 FM / 89.1 FM
Etna / Ft. Jones 91.1 FM
Gasquet 89.1 FM
Gold Beach 91.5 FM
Grants Pass 101.5 FM
Happy Camp 91.9 FM
Lakeview 89.5 FM
Langlois, Sixes 91.3 FM
LaPine/Beaver Marsh 89.1 FM
Lincoln 88.7 FM
Mendocino 101.9 FM
Port Orford 90.5 FM
Redding 96.9 FM
Weed 89.5 FM

Metropolitan Opera

May 2 – ***Kát'a Kabanová*** by Leos Janácek

May 9 – ***Maria Stuarda*** by Gaetano Donizetti

WFMT Opera Series

May 16 – ***Alceste*** by Christoph Willibald von Gluck

May 23 – ***Tales of Hoffmann*** by Jacques Offenbach

May 30 – ***Elektra*** by Richard Strauss

June 6 – ***Cosi Fan Tutte*** by Wolfgang Amadeus Mozart

June 13 – ***Turandot*** by Giacomo Puccini

June 20 – ***Rigoletto*** by Giuseppe Verdi

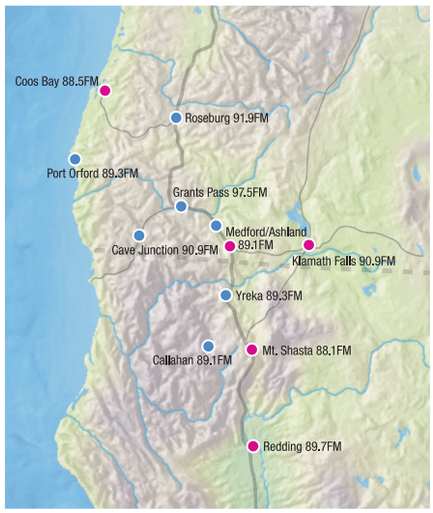
June 27 – ***The Pearl Fishers*** by Georges Bizet


Kát'a Kabanová


Maria Stuarda

PHOTOS COURTESY: METROPOLITAN OPERA

Rhythm & News Service



- **FM Transmitters** provide extended regional service.
- **FM Translators** provide low-powered local service.

Monday through Friday

5:00am	Morning Edition
9:00am	Open Air
3:00pm	Q
4:00pm	All Things Considered
6:00pm	World Café
8:00pm	Undercurrents
3:00am	World Café

Saturday

5:00am	Weekend Edition
9:00am	Wait Wait…Don't Tell Me!
10:00am	American Routes
12:00pm	E-Town
1:00pm	Mountain Stage
3:00pm	Live From Here with Chris Thile
5:00pm	All Things Considered
6:00pm	American Rhythm
8:00pm	Q the Music / 99% Invisible
9:00pm	The Retro Lounge
10:00pm	Late Night Blues
12:00am	Undercurrents

Sunday

5:00am	Weekend Edition
9:00am	TED Radio Hour
10:00am	This American Life
11:00am	The Moth Radio Hour
12:00pm	American Rhythm
2:00pm	American Routes
4:00pm	Sound Opinions
5:00pm	All Things Considered
6:00pm	Live From Here with Chris Thile
8:00pm	Folk Alley
10:00pm	Woodsongs Old Time Radio Hour
11:00pm	Mountain Stage
1:00am	Undercurrents

Stations

KSMF 89.1 FM
ASHLAND

KSBA 88.5 FM
COOS BAY

KSKF 90.9 FM
KLAMATH FALLS

KNCA 89.7 FM
BURNEY/REDDING

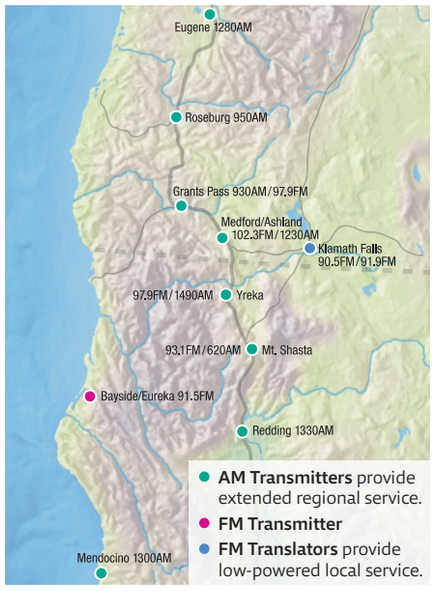
KNSQ 88.1 FM
MT. SHASTA

KVYA 91.5 FM
CEDARVILLE/ SURPRISE VALLEY

Translators

Callahan/Ft Jones 89.1 FM
Cave Junction 90.9 FM
Grants Pass 97.5 FM
Port Orford 89.3 FM
Roseburg 91.9 FM
Yreka 89.3 FM

News & Information Service



Monday through Friday

5:00am	BBC World Service
7:00am	1A
8:00am	The Jefferson Exchange
10:00am	The Takeaway
11:00am	Here & Now
1:00pm	BBC News Hour
1:30pm	The Daily
2:00pm	1A
3:00pm	Fresh Air
4:00pm	PRI's The World
5:00pm	On Point
7:00pm	Fresh Air (repeat)
8:00pm	The Jefferson Exchange (repeat of 8am broadcast)
10:00pm	BBC World Service

Saturday

5:00am	BBC World Service
7:00am	Inside Europe
8:00am	Day 6
9:00am	Freakonomics Radio
10:00am	Planet Money
11:00am	Hidden Brain
12:00pm	Living on Earth
1:00pm	Science Friday
3:00pm	To the Best of Our Knowledge
5:00pm	Politics with Amy Walter
6:00pm	Selected Shorts
7:00pm	BBC World Service

Sunday

5:00am	BBC World Service
8:00am	On The Media
9:00am	Innovation Hub
10:00am	Reveal
11:00am	This American Life
12:00pm	TED Radio Hour
1:00pm	Political Junkie
2:00pm	Fresh Air Weekend
3:00pm	Milk Street Radio
4:00pm	Travel with Rick Steves
5:00pm	To the Best of Our Knowledge
7:00pm	BBC World Service

Translators

Klamath Falls 90.5 FM /91.9 FM
Ashland/Medford 102.3 FM
Yreka 97.9 FM
Grants Pass 97.9 FM
Mt. Shasta 93.1 FM

Stations

KSJK AM 1230
TALENT

KAGI AM 930
GRANTS PASS

KTBR AM 950
ROSEBURG

KRVM AM 1280
EUGENE

KSYC AM 1490
YREKA

KMJC AM 620
MT. SHASTA

KPMO AM 1300
MENDOCINO

KNHM 91.5 FM
BAYSIDE/EUREKA

KJPR AM 1330
SHASTA LAKE CITY/ REDDING

PEPPER TRAIL

It is now all too clear that the Earth's continued benevolence is something that we must earn by our mindful care.

The World Is Alive

I began thinking about this essay in a very different time. In February, to be exact—just a few months ago, but belonging to another existence entirely. I was also in a very different place from southern Oregon—Aldabra Atoll in the Indian Ocean, one of the most remote and pristine islands in the world. I had just experienced an amazing snorkeling experience, drifting into the lagoon on the incoming tide, marveling at the huge groupers and parrotfish, the sea turtles, and all the inexpressibly complex and intertwined life of the reef. As I dried off in the sun, gleaming white terns and tropicbirds flew overhead, and on the nearby shore, a giant tortoise lumbered out of the undergrowth and onto the beach. Surrounded by such abundance, what else *could* I think but—THE WORLD IS ALIVE!

From that moment of epiphany came the idea for an essay. In a time when I and so many others are grieving at the losses that climate change will bring – is now bringing – to the natural world that we love so deeply, I would choose to celebrate all the life that remains, that can still be saved, and that can never be entirely extinguished.

Well. That was then, this is now. Since I returned, it seems that all our lives have been turned inside out by the coronavirus. We are social-distancing or locked down. We are out of school, or out of work, or out of money—or all three. No movies, no plays, no dinners out, no gatherings with friends.

In mid-March, our son in San Francisco came down with COVID-19 symptoms: a dry cough, a low fever, aches and fatigue. There were no tests to be had, so he self-quarantined in his tiny Mission district apartment. It was an anxious, helpless week, but by the end of it, he recovered, and we will probably never know if he actually was infected by the virus.

I have no idea what the situation will be by the time you read this in May. I hope we are all doing much, much better. But this pandemic has only reinforced the lesson that THE WORLD IS ALIVE—while turning it from a rather glib platitude into a deeper and less comforting truth.

While more research remains to be done, it is well established that this coronavirus is a zoonosis—a disease transmitted to humans from animals. It is believed to have originated in bats, and made the jump to humans through the consumption of wildlife sold at a market in China. This is the same route followed by the earlier SARS outbreak, which transferred to humans from civets sold in wildlife markets. Worldwide, the consumption of wildlife is still occurring at an immense scale—everything from snakes and turtles to bats, civets, and monkeys. Much of this trade is illegal, but it continues unabated, and involves billions of dollars per year.

The global human population is approaching 8 billion. Almost every acre of arable land on the planet is under cultivation, and human domination of the world's biosphere is so complete that we are generally considered to have entered a new epoch, the Anthropocene. And yet, somehow we still believe that we can take everything we desire from nature, as if we were hunter-gatherers clinging to a precarious existence.

We would do well to remember this: THE WORLD IS ALIVE. If we try to kill it (and to an objective extraterrestrial, surely it would look like that's what we're trying to do) the world will not submit quietly. This COVID-19 pandemic, for all its immense devastation, is relatively mild. It has a mortality rate, at the time of this writing, of "only" about 3%. Can we doubt that there are more zoonoses out there, waiting to jump from animals to humans? As population density increases, as environmental contamination, unhealthy diets, and stress weaken our immune systems, there could be more, and worse, pandemics to come. To protect ourselves from such predictable catastrophes, there needs to be an immediate ban on the sale of wild-caught mammals, adopted and enforced by every country in the world.

That, of course, will just be a first step. Even if we are able to prevent future zoonotic pandemics, unchecked destruction of the world's diversity through climate change and the conversion of wild ecosystems would eventually collapse the global bounty of "nature's services." These include the planetary water cycle, the fertility of the soil, and the pollination of our crops—all absolutely essential for human survival. These processes reflect the working of a healthy biosphere. We have long taken them for granted as permanent features of a benevolent planet. It is now all too clear that the Earth's continued benevolence is something that we must earn by our mindful care.

This is not the hopeful essay that I set out to write in February. And yet, it is far from hopeless—that is, if we see this pandemic for what it is, a long-overdue wake-up call. Throughout human history, the natural world has too often been viewed as something separate from ourselves—as both a relentless adversary and an inexhaustible treasure house. That must change. If we are to survive, we need to enter into an entirely different relationship with the Earth. No relationship can be based only on the desires of one partner. Respect must be given. Consequences must be considered. The world is not a thing to be used. It is our indispensible partner in human survival.

It is alive.



Pepper Trail is an ornithologist, essayist, and poet living in Ashland, Oregon.

JPR NEWS FOCUS

ERIN ROSS



A Glossary Of Coronavirus Terms, From ARDS To Zoonotic

There's a lot of medical and scientific jargon out there when the coronavirus is being discussed. And while we try to translate jargon into plain language for our news articles, we know you might encounter it as you read more about coronavirus.

That's why we've compiled this glossary. It covers many of the words you'll encounter in the news, broadcast interviews with experts and in more scientific writing.

123

2019-nCoV

An old name for the virus that causes COVID-19. It is now called SARS-CoV-2.

A

Acute Respiratory Distress Syndrome (ARDS)

An often-fatal failure of the respiratory system. When an illness is called "acute," it means it comes on really quickly, which makes getting treatment fast necessary. People with ARDS breathe rapidly, are short of breath and might have bluish skin. ARDS is a potential complication of COVID-19, and it can happen very quickly. If you are experiencing those symptoms, go to the doctor immediately.

alveoli

The tiny air-filled sacs that make up our lungs. Lungs aren't like big balloons. They're more like sponges made up of millions of tiny balloons. There are cells in our alveoli that make a protein that lubricates our lungs and keeps them happy. The COVID-19 virus binds to those cells. Researchers think that may be why the virus is so much more severe than the cold-causing coronavirus.

antiretroviral drugs

These are drugs that attack retroviruses like HIV. Antiretrovirals block or slow down an enzyme that retroviruses use to chop up DNA. If a virus can't chop DNA, it can't make more of itself and can't make you sick. Because coronavirus also uses this enzyme, there was some hope that already existing antiretrovirals could fight the COVID-19 virus. Unfortunately, there's little evidence that it works on coronavirus. But hope is not lost – there are other antivirals out there! There are currently clinical trials investigating if the antiviral drug remdesivir works against coronavirus.

antibacterial

Kills bacteria – but not viruses. Antibacterial soaps are no more effective than regular soap against viruses like the coronavirus.
antibiotic
A medication that kills bacteria. Antibiotics do not work on viruses, but they are an important part of treating secondary infections like bacterial pneumonia, which can occur as a side-effect of COVID-19.

antimicrobial

Antimicrobial products kill most microbes, like viruses, bacteria, and fungi. Hand sanitizer that's at least 60% isopropyl alcohol is antimicrobial. Some hand sanitizers are only antibacterial and will not protect against coronavirus.

asymptomatic

When you aren't showing symptoms. There is some evidence for asymptomatic spread of COVID-19, but those may be cases with mild symptoms that went unreported.

C

case fatality rate (CFR)

The number of sick people who die from a specific disease. You calculate case fatality ratio by taking the number of people who have died from a disease and dividing it by the number of people who got that disease.

A CFR can change over space and time. Estimates of the case fatality rate for COVID-19 have varied from .7% to 4% or occasionally higher, depending on when the rate was sampled, how it was sampled and the quality of care those people received. Right now, the WHO says the global case fatality rate is about 3.4%. This number will continue changing as more people get infected and the disease spreads to countries with better and worse health care.



TOM HARKIN, GLOBAL COMMUNICATIONS CENTER

CDC

Stands for the Centers for Disease Control and Prevention. The CDC is the U.S. agency that tracks diseases across the country, and is responsible for confirming COVID-19 cases. The main lab is in Atlanta, but the agency has other labs around the country where the study of deadly diseases and the search for cures take place.

circulatory system

The system that moves blood through your body. Blood transports nutrients and oxygen.

clinical trial

A designed trial to test the effectiveness of a medication or treatment. Clinical trials include "controls." A control is a person or group or lab specimen that doesn't receive the new treatment. The goal is to see if the treatment really works, or if it's just a placebo effect or caused by something else.

community transmission

When a virus is being passed from person to person in a community and starts appearing in people who aren't known to have contact with an infected person. Many of the people sick in Oregon got their virus from community transmission. It is concerning because there are a chunk of cases health authorities do not know about.

confirmed case

A coronavirus case that has been confirmed by the CDC.

coronavirus

A group of RNA viruses that circulate in animals and humans. In humans, they cause respiratory illnesses, which means they cause symptoms in the lungs, throat, and airways.

COVID-19

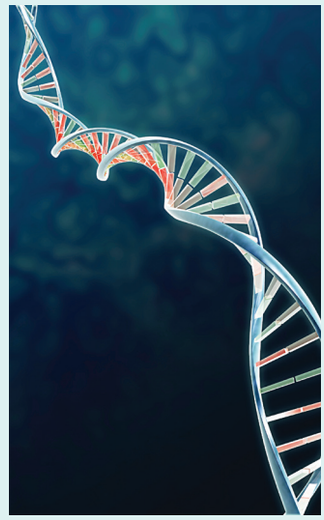
The disease caused by SARS-CoV-2.

CT scan

"Computer Tomography scan." It's an advanced type of X-ray that makes a more detailed image. CT scans can help identify suspected coronavirus patients.

D

DNA



Deoxyribonucleic acid. Many of our genes are stored in DNA. Some are stored in RNA. DNA is a sort of blueprint. It tells our bodies how to grow, assemble themselves, and go about the business of living. Coronaviruses are RNA viruses, so they don't contain DNA

E

encephalitis

An infection that causes the brain to inflame. It can be extremely dangerous and fatal. Coronaviruses are known to infect the brain, spine and nervous system in lab animals. One case of viral encephalitis was linked to COVID-19, but it is not a major concern with the virus.

enzyme

An enzyme is a molecule made up of different proteins. They're molecules that our bodies use to do things. The enzyme myosin makes muscles contract, and the enzyme insulin tells our blood when to absorb sugar. Viruses use enzymes to hijack our cells and make copies of themselves. Many antiviral treatments work by targeting enzymes: to fight a viral infection, you take away the tools a virus needs to make more of itself.

epidemic

A large outbreak of disease, taking place over a short period of time. An epidemic might infect a region or a country. Epidemics usually happen when a new disease emerges or when something happens to make people less immune to a disease. A pandemic is an epidemic that spreads to multiple large regions, like several continents or countries.

epidemiology

The study of how infectious diseases spread, occur, and are controlled. John Snow (not to be confused with the character Jon Snow of "Game of Thrones" fame) is considered the founder of modern epidemiology. He famously traced a 19th-century cholera epidemic to a contaminated water pump and the pump handle. He chlorinated the water and removed the pump handle, and the disease ended. Today, sometimes epidemiologists talk about tracing modern diseases back to the metaphorical "Pump Handle." We still haven't found it for coronavirus.

G

GenBank

An online database of genetic sequences from around the world and maintained by the national library of medicine.

I

in vitro

A lab test done on cells, not living things. We do in vitro tests on drugs, diseases and chemicals to see how they impact human cells.

in vivo

A lab test on a living organism, whether that's a plant or an animal or something else. Drugs are usually tested in vivo to make sure they're safe and that they work.

incubation period

The amount of time it takes for an infected person to start showing symptoms. Most people develop COVID-19 symptoms by day 12, but some people will take longer.

immunocompromised

An immune system that isn't functioning correctly. You can be immunocompromised by diseases like AIDS or taking some anti-cancer drugs, but you can also be immunocompromised by losing sleep, not drinking enough water and eating poorly. Pregnant women aren't considered immunocompromised, but changes to their immune system can make them more susceptible to some diseases.

immunosuppressed

People with immune systems that are (usually artificially) weakened. People with organ transplants take immunosuppressants to stop their immune systems from attacking the organs. Immunosuppressed people are also immunocompromised.

M

MERS

Middle East Respiratory Syndrome. Another type of coronavirus, transmitted from camels. MERS is more deadly than COVID-19. It causes noticeable symptoms in most people, so it's easier to track the virus.

morbidity rate

The number of people who will get sick from a particular cause in a particular population over a certain period of time. To calculate the morbidity rate you would divide the number of sick people in a population by the number of healthy people.

mortality rate

The number of deaths from a particular cause in a particular population over a certain period of time. To calculate the mortality rate, you would divide the number of deaths by the number of sick and healthy people in a population.

N

novel coronavirus (nCoV)

Any new coronavirus that hasn't been studied yet or that has just emerged. When SARS-CoV-2 was first found, it was called 2019-nCoV. The SARS-CoV-2 virus causes the disease, which is called COVID-19.

O

outbreak

An outbreak is when a disease spreads quickly in a group of people (or animals or plants or ...) in one place at one time. When a bunch of people in one town get food poisoning, that's an outbreak. An epidemic is a really big outbreak, but still just one place at one time.

P

pandemic

An epidemic that has spread to multiple continents or countries. On March 11, after extensive COVID-19 spread on multiple continents, the WHO officially declared the coronavirus outbreak a global pandemic.

PAPR

Stands for Powered Air-Purifying Respirator. They're the giant full-body suits and helmets healthcare workers wear to treat people quarantined with infectious diseases.

pathogen

A bacteria, microbe, parasite, fungus, virus or other organism that causes a disease.

personal protective equipment (PPE)

Equipment such as masks and gloves that doctors and nurses wear to protect themselves from diseases.



pneumonia

An infection that causes the tiny air sacs in lungs, called alveoli, to get inflamed and fill with fluid, like mucus or pus. It can be caused by bacteria or viruses. Viral pneumonia can leave the body open for infection from bacterial pneumonia. Right now, bacterial pneumonia is a major complication of COVID-19.

preexisting conditions

Preexisting conditions are health conditions someone already has that could make a coronavirus infection worse. Lung disease, asthma and heart disease are preexisting conditions

preprint

A scientific study that is posted online before it has gone through peer-review. Some preprints are good; some are bad. There's very little quality control. Because peer-review can take a long time, many studies published on coronavirus will be released as preprints. Make sure any preprint you read or share is vetted by other scientists or journalists before sharing to prevent the spread of misinformation.

presumptive case

A coronavirus case identified by a testing organization like the Oregon Health Authority. Although other groups can do tests for coronavirus they won't be considered a confirmed case until the CDC checks the data.

PUI

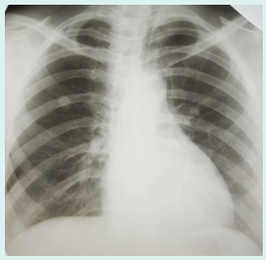
Person Under Investigation. These are people with COVID-19-like symptoms who are not confirmed to have the virus. PUIs can be individuals who had contact with a confirmed case and are displaying some symptoms or they can be people who were hospitalized with severe pneumonia without a different explanation.

PUM

Person under monitoring. A individual who does not have COVID-19 symptoms but who has been in contact with someone who is presumed or confirmed to have the virus. A PUM is "monitored" until they've gone a period of time without developing symptoms.

pulmonary

Something involving lungs. A pulmonary disease is a lung disease.



Q

quarantine

A restriction on people who aren't ill but who are presumed to have been exposed to a contagious disease. Individuals, groups or communities can be subject to quarantine. It can be voluntary or mandatory and can take place at home or at a designated facility.

R

R0

In epidemiology, an R0 is a measure of transmission. It basically represents the average number of people that one infected person will, in turn, infect. Based on current information, coronavirus has an R0 somewhere between 2 and 3, so the average infected person will pass the virus on to two or three more people. That makes it more contagious than the flu, which has an R0 of about 1.5. Measles, one of the most contagious viruses, has an R0 of about 15.

remdesivir

An antiviral that may work against coronavirus. It is currently in clinical trials but for bureaucratic and scientific reasons those trials may not be considered valid in the U.S.

respiratory illness

A disease that impacts lungs, throat and airways. Respiratory illnesses primarily cause coughing, fever and can lead to severe pneumonia. Most are spread in respiratory droplets, which are virus-filled drops of water we shoot out when we cough and sneeze. Although respiratory illnesses attack airways, they can ultimately damage a number of other organs.

respiratory system

The entire system that lets you breathe. Not just your lungs, but your nose, your airways, your trachea, your mouth and your diaphragm are all a part of the respiratory system.

RNA

Ribonucleic acid; a type of genetic material. Humans, plants, animals, bacteria and some viruses have both DNA and RNA. In humans, DNA stores the information that says how to code our body, while RNA reads that DNA and helps make the proteins and enzymes that make things happen. Sometimes, the RNA can make things happen on its own, too. Coronavirus is an RNA virus or ribovirus, which means that drugs that treat it need to somehow block the virus' RNA from invading our cells.

RT-PCR

A way to sequence DNA and RNA in near real time. Most tests for coronavirus are RT-PCR tests. These tests have a high rate of false negatives but a low rate of false positives, so most people are tested twice.

S

SARS

Another coronavirus that caused an outbreak in the mid-2000s. Severe acute respiratory syndrome (SARS) was not as infectious as SARS-CoV-2, but it did have a much higher fatality rate.

SARS-CoV-2

The novel coronavirus that was first noticed in Wuhan, China, and is responsible for the current outbreak. The disease it causes is called COVID-19.

secondary infection

A separate, unrelated infection caused by another disease. Bacterial pneumonia is a secondary illness that can be caused by COVID-19.

self-quarantine

Voluntarily staying home if you think you are sick.

serological survey

A survey that looks for immune cells in a person's blood. Serological tests are a way to tell if someone was once infected with a disease and then got better. Once we do more serological tests, we'll have a better idea of how far COVID-19 spread and how deadly it really is. That's because serological tests can identify low-symptom people who haven't been previously identified by doctors.

situation report

The World Health Organization releases daily situation reports that track the spread of and fight against coronavirus across the world.

social distancing

A preventive measure that encourages avoiding large crowds or small gatherings in tight places, keeping a distance from others and, for those with underlying health conditions, staying home.

suspected case

People with COVID-19-like symptoms who are not confirmed to have the virus.

T

transmission

The spread of disease. A disease can be transmitted from person to person, from person to animal to person or by the environment (think: giardia in water.) Coronaviruses are transmitted in respiratory droplets, which are drops of water and mucus that come out of our lungs when we cough and sneeze. They can also contaminate door handles and surfaces.

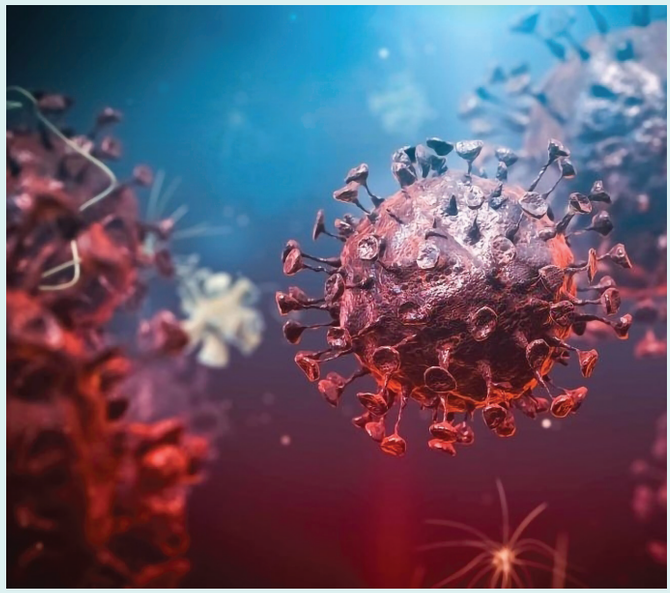
V

virulence

A measure of how much damage a germ does. Virulence can also refer to chemicals and toxins. COVID-19 is more virulent than the flu but less virulent than SARS and MERS.

virus

A type of germ or microbe. Viruses are not considered alive because they don't have the tools they need to replicate on their own. The flu, COVID-19, Zika and Ebola are all caused by viruses. Viruses cannot be treated with antibiotics.



W

World Health Organization

A global organization that directs international health for the United Nations. They study communicable and non-communicable diseases, illnesses caused by environmental factors like pollution and illnesses caused by germs. They are coordinating the global response to COVID-19 and tracking its spread.

Z

zinc

This is a tough one. Zinc is a mineral that may have antiviral properties. Some studies suggest that zinc can reduce the length and severity of a cold if you take it within the first 24 hours of a disease. But some people have criticized those studies and others haven't found an association. The Mayo Clinic does not recommend the use of zinc to treat colds, or any other virus. If you do take zinc, be sure not to take too much, and avoid zinc nasal sprays, which can cause nerve damage and make you permanently lose your sense of smell.

zoonotic

A disease that infects humans but originally came from other animals. The genetic sequence of the COVID-19 virus is similar to a coronavirus found in bats, so that may be where this disease originated. It may also have passed through other species on the way to humans, like snakes. Some zoonotic diseases, such as Zika and malaria, cannot be passed from person to person without an animal host.

Erin Ross is a writer and researcher for Oregon Public Broadcasting, specializing in science and environmental coverage. Her work also appears on "Oregon Field Guide."

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JPR NEWS FOCUS

ERIK NEUMANN

Overall, visits at the rural hospital system are down by more than 50%.

Rural Hospitals Shed Staff As Pandemic Slashes Revenue

With the coronavirus pandemic stressing the health care system, you might expect skilled hospital staff to be more important than ever. But in an ironic twist of the pandemic, hospitals throughout the region are experiencing severe income losses as patients postpone routine visits.

It's happening from Sky Lakes Medical Center in Klamath Falls to Mad River Community Hospital in Arcata. But the downturn may be felt most seriously at Curry Health Network in Gold Beach, Oregon.

Dr. Seth Giri is a cardiologist in Gold Beach, population 2,200. In fact, he's the only full-time clinical cardiologist in Curry County. Since 2017 he worked with the region's small, rural hospital system, Curry Health Network.

But that changed in mid-April.

"I was basically called to my CEO's office at around 4:30 at night and said that my job is terminated," he says.

Giri is one of around 200 staff, including doctors and nurses, who have been laid off, transitioned into being on-call employees, or had their hours cut in recent weeks.

In late March, Oregon Gov. Kate Brown ordered health systems to eliminate non-urgent procedures in order to conserve critical protective equipment like gloves, masks and gowns for a possible surge in COVID-19 cases. That, on top of patients avoiding the hospital, choked off funds that keep hospitals in business.

"Clinic visits are down more than 65% in the last two weeks. Our emergency rooms are both down by about 30% of normal. Our surgical volumes have all but dried up; we're seeing a reduction of 85%," says Ginny Williams, CEO of Curry Health Network.

Overall, visits at the rural hospital system are down by more than 50%.

"These are significant reductions for us," she says. "Not sustainable."

Curry County has far fewer cases of COVID-19 than other parts of Oregon. As of April 12, there were just three positive cases known in the county.

Curry Health Network is facing some unique financial struggles. The health system went into debt in the last two years after opening a new freestanding E.R. in Brookings. And like Curry County, many other rural hospitals were already in trouble before the pandemic.

"Before this pandemic began, 47% of them, that's nearly half, were operating at a financial loss," says Alan Morgan, CEO of the National Rural Health Association. "That was before they began eliminating all out-patient procedures, elective procedures, basically before they started cutting off the lifeblood of their facilities from a financial standpoint."

Rural Americans are, on average, older and sicker than their urban counterparts, making them more at-risk for COVID-19, Morgan says. The impact of the current layoffs is also likely to be long-lasting since rural hospitals have a harder time attracting employees.

"It's ironic; they're laying off staff, in many cases, in communities where they have a shortage of staff to begin with. And when this crisis does arrive at their doorstep, they're going to have to struggle to figure out 'How do we keep up with it?' at that point," he says.

Sara Dickerson is an employee of Curry Health Network whose contract was terminated. She's a Curry County native and worked at the hospital and E.R. since 2014, first as a registered nurse and later a nurse practitioner.

"I've been an RN for 10 years. I could have really helped out," Dickerson says. "In the emergency department I can manage ventilated patients. I have a skillset that they could have used if things were to get bad."

Like many, Dickerson is frustrated with how employees were treated – contracts voided, longtime employees laid off, severance pay and health insurance cancelled. She says there was little help offered to employees suddenly in need of filing for unemployment or health insurance.

"Even if you're going to be laying people off, even if you had no choice, it's how you do it," she says.

Three other employees of Curry Health Network declined to comment for this story out of fear of losing their jobs for talking to a reporter.

The hospital can't afford to pay their employees' benefits, according to CEO Ginny Williams. She says even with the layoffs, if they don't get federal or state assistance, the hospital won't make it through the summer.

"If we got none of those things, and nobody came forth to provide us with any assistance, with our reductions we will survive until June [or] July," she says.

Continued on page 34



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JPR News Focus

Continued from page 33

For cardiologist Seth Giri, much of his frustration comes from the fact that he can't help his patients, who are now putting off visits or his colleagues who are preparing for a possible increase in COVID-19 cases.

"I wish there was a way I could still help," he says. "That's really the disappointment. That's really the frustration more than anything else. It feels like you're in shackles and you can't contribute."



Erik Neumann is a radio producer and reporter who grew up in the Northwest. He's passionate about telling the human stories behind America's health care system, public lands and the environment, and the arts. He got his Masters degree at the UC Berkeley Graduate School of Journalism. Erik joined JPR after several years as a staff reporter at KUER, the NPR station in Salt Lake City, where he focused on health care coverage. He was a 2019 Mountain West fellow with the Association of Health Care Journalists and is a contributor at Kaiser Health News, a non-profit news service committed to in-depth coverage of health care policy and politics.

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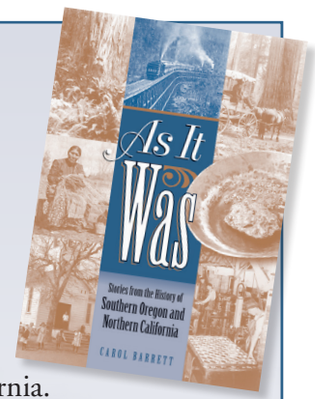
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OUTSIDE THE LINES

DON KAHLE

Fear is no longer a tool of the enemy. In fact, it's mostly an ally.

We Have Much To Fear, Including Lack Of Fear Itself

I first wrote about coronavirus COVID-19 a couple of months ago. Most of us have been thinking about little else since. The threat became apparent to many of us almost exactly 87 years after FDR's inauguration speech that included this unforgettable line: "the only thing we have to fear is fear itself."

The contours of this challenge are coming more clearly into view now. And FDR's aphorism is dangerously irrelevant. In its place, insert Oregon's official public service maxim, crafted by Nike's sloganeering powerhouse Wieden+Kennedy : "Don't accidentally kill someone." Updating Roosevelt, we have much to fear, including the lack of fear itself.

This is new ground for all of us. Our muscle memory is built around maintaining the status quo. The Brits used "Keep calm and carry on" to carry them through two world wars. George W. Bush couldn't turn a phrase in memorable ways, but he encouraged Americans to go shopping after the 9/11 attacks.

After stock market crashes, shootings, bombings, and anthrax mailings, the call has been consistent. Fear has always been an enemy, and often the first enemy. "The only thing we have to fear is fear itself."

Hijackers steered marauding airplanes into buildings in pairs. This way, the horrifying images could be captured and spread to millions. (Same with bombings in Madrid and at the Boston Marathon – always in pairs.) This page of the terror playbook may have been Osama bin Laden's keenest insight. He didn't have to kill very many, so long as everyone became afraid that they might be next. Terrorism took fear as its name.

Most of us didn't feel those calamities directly, unless you count the trauma of seeing the heartbreaking images in our living rooms. Nevertheless, we felt decimated – haunted that it could have been us. Look up the etymology of "decimate" and you'll learn that terrorism's playbook has been around for millennia.

The healthy response to each catastrophe was the same. Stay strong. Be generous. Reach out. Stick together. Fear not.

But now we're encountering a bug that doesn't care about our mood. It cares what's in our lungs, not what's in our minds. Fear is no longer a tool of the enemy. In fact, it's mostly an ally. Cavalier attitudes and behaviors are what's getting people killed. Mardi Gras that occured months ago presaged devastation in New Orleans today.

Initially, President Trump and several Republican governors stayed with muscle memory, projecting calm in the face of oncoming fury. That's what our leaders have done for 100 years. Now we're battling a force that stays invisible until it's too late. Once we see its effects around us, engulfment is only a matter of time – usually 14-21 days.

Can Americans build an alliance with fear, without succumbing to outright panic? Can we learn to behave appropriately to keep others – strangers and loved ones – safe? Can we fathom that the danger may be lurking inside us? We'll know the answers sooner than we'd like.

It's not your fault if all this takes a while to sink in. We've never been asked to be afraid. Meanwhile, "Don't accidentally kill someone."





Don Kahle (fridays@dksez.com) writes a column each Friday for *The Register-Guard* and blogs at www.dksez.com. A short clip from GWB's "go shopping" speech can be found here: https://www.c-span.org/video/?c4552776/user-clip-bush-shopping-quote

The post *We Have Much To Fear, Including Lack Of Fear Itself* appeared first on dkSez, Don Kahle's blog.


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RECORDINGS

DAVE JACKSON

Jazz Fest, for me is part music geek immersion therapy and part middle-aged guy still trying to hang on to youthful energy and stamina.

Laissez Les Bon Temps Rouler

It's April 2020. Writing this is like writing a letter to be mailed across the country in the 19th century. I sincerely hope it finds you in good health.

A new tradition among a group of my friends was to be taking place late April and early May. Every even numbered year, we go to the New Orleans Jazz & Heritage Festival. It's a new tradition because it only began for us, in 2016 with me and my wife, Kirsten. It continued with several others in 2018 and is now postponed due to COVID-19. If this is the worst thing our group experiences in this crisis, I will be glad to chalk it up to a first world problem.

Jazz Fest, for me is part music geek immersion therapy and part middle-aged guy still trying to hang on to youthful energy and stamina. Being from the west coast and going to the central time zone is a key to the latter. In the interest of a brighter future, here is what would have been my 2020 jazz fest guidebook. Maybe we can use it next year.



Photo: Dave Jackson

Shameless selfie with Kermit Ruffins.

There are 3 parts to the New Orleans Jazz & Heritage Festival. One is New Orleans. If you have not been, the food itself is worth at least a long weekend sometime. For a first timer, go to Mother's Café. Suspend all voluntary diet restrictions. Get their Bloody Mary. Check out Bourbon Street at night, just once, for the spectacle then find more authentic New Orleans elsewhere. It really is a cool town with an interesting history and beautiful architecture. In various trips to the area we have done a riverboat cruise, a swamp tour and a tour of the Whitney Plantation. Be sure to have coffee and beignets at Café Du Monde. Have some oysters and crawfish.

Then, there is the music, the other 2 parts. First, the "official" festival runs during the day at the fairgrounds. There are dozens of stages with a wide spectrum of musical acts from traditional New Orleans brass bands, Cajun, Zydeco and blues acts, to huge national and international acts of all kinds playing simultaneously. This is a blessing and a curse. When you pick one act, you are foregoing at least 2 other good ones. If you've been waiting all your life to see Paul Simon, there is no way to catch part of Snoop Dogg playing across the venue because of the 60,000 people and 200 other super cool things you will encounter along the way. Because of the crowds, we don't go the festival each day. We pick a day or 2 based on an act we want to see. In the couple of times we've gone, I have seen Paul Simon, Geno Delafose and French Rockin' Boogie, The Radiators, John Cleary, Tedeschi Trucks Band, Sonny Landreth, Arlo Guthrie, Neil Young, Beck, Tank and the Bangas, and Trombone Shorty just to name a few. This year Dead and Company and Lizzo were the big Saturday acts. There are Mardi Gras parades that run through the venue and all kinds of fantastic food booths and art. It's fun and exhausting.

My favorite music stuff (part 2) happens at night in the clubs around town with great local acts and interesting collaborations in sometimes very intimate venues. I saw Walter Wolfman Washington at a club called DBA with about 30 people and Seth Walker in a tiny club. There is a webpage dedicated to these shows, jazzfestgrids.com. Check it out. Like days at the main venue, if you pick one show, you will be missing several others. It's almost stressful (first world problems again) making decisions. The shows are not announced together, so while you wait to see if something else comes along, the show you were thinking about sells out. I start looking at the grids in January, obsessively. We had tickets this year already to see Turkuaz, a Brooklyn based funk band joined by Jerry Harrison and Adrian Belew (of the Talking Heads), perform the Talking Heads album *Remain in Light* and Foundation of Funk with George Porter Jr and Zigabo Modeliste of the original Meters joined by Jon Scofield among others. In the past, I have seen the Dan Auerbach project, The Arcs, a recurring jazz fest only super group called the M&Ms with John Medeski, Stanton Moore and Papa Mali. In 2016 I saw them in a show that began at 2am joined by saxophonist Skerik. In 2018, we saw Galactic and the Dirty Dozen Brass Band together. We capped off the weekend at Kermit Ruffins' Treme Mother In Law Lounge where he served crawfish and brisket while a house band with various guest horns and Kermit himself jammed. I even got a geeky selfie with him. It's funny how he doesn't talk about that as much as I do. I left jazz fest both times exhausted and suffering from a financial hangover but fully refreshed and invigorated about music.

When deciding whether to see Neil Young or Bonnie Raitt because you can't see them at the same time becomes stressful again, we will know we have reached the other side of our current crisis. Jazz Fest is my jams. I hope whatever your personal "jazz fest" may be, it is back on schedule soon and we can all triumphantly say "laissez les bon temps rouler".



Dave Jackson hosts *Open Air*, weekdays on JPR's Rhythm & News Service.

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NPR NEWS FOCUS

MARTHA ANN OVERLAND

‘Dear Stranger’: Connecting People 1 Letter At A Time

“My dear stranger,” begins the anonymous letter. “I am grateful for the opportunity to make a connection with you.”

“Dear Stranger:” begins another. “It is weird to address a letter to Dear Stranger during these strange times we are sharing. It was already an unsettling time with the 2020 Presidential election and its angst upon us and now we are attacked and battling the Covid-19 virus.”

Welcome to Dear Stranger, an annual letter writing project, sponsored by Oregon Humanities to bring people together through old-fashioned letter writing.

With Oregon state residents under stay-at-home orders since March 23, there’s been a surge of interest in the program. People are looking for ways to reach out and share their thoughts about an experience that has upended their lives, says Ben Waterhouse, communication manager at Oregon Humanities. It’s made many think differently about themselves and their place in their communities.

Dear Stranger actually started out in 2014 as a writing exercise, as part of the non-profit organization’s mission to bring people together to listen and learn from one another. “Now the value really feels like it’s in the connection,” Waterhouse says.

Once a year, Waterhouse chooses a theme and participants are invited to write a letter to a stranger. They mail their letter to Oregon Humanities, which exchanges the letters anonymously. Each person receives a letter from the person who reads theirs. It’s up to the letter writers to contact Oregon Humanities if they want to write back. And many do.

(All of the letter writers in this story gave NPR permission to reveal their names and share their letters.)

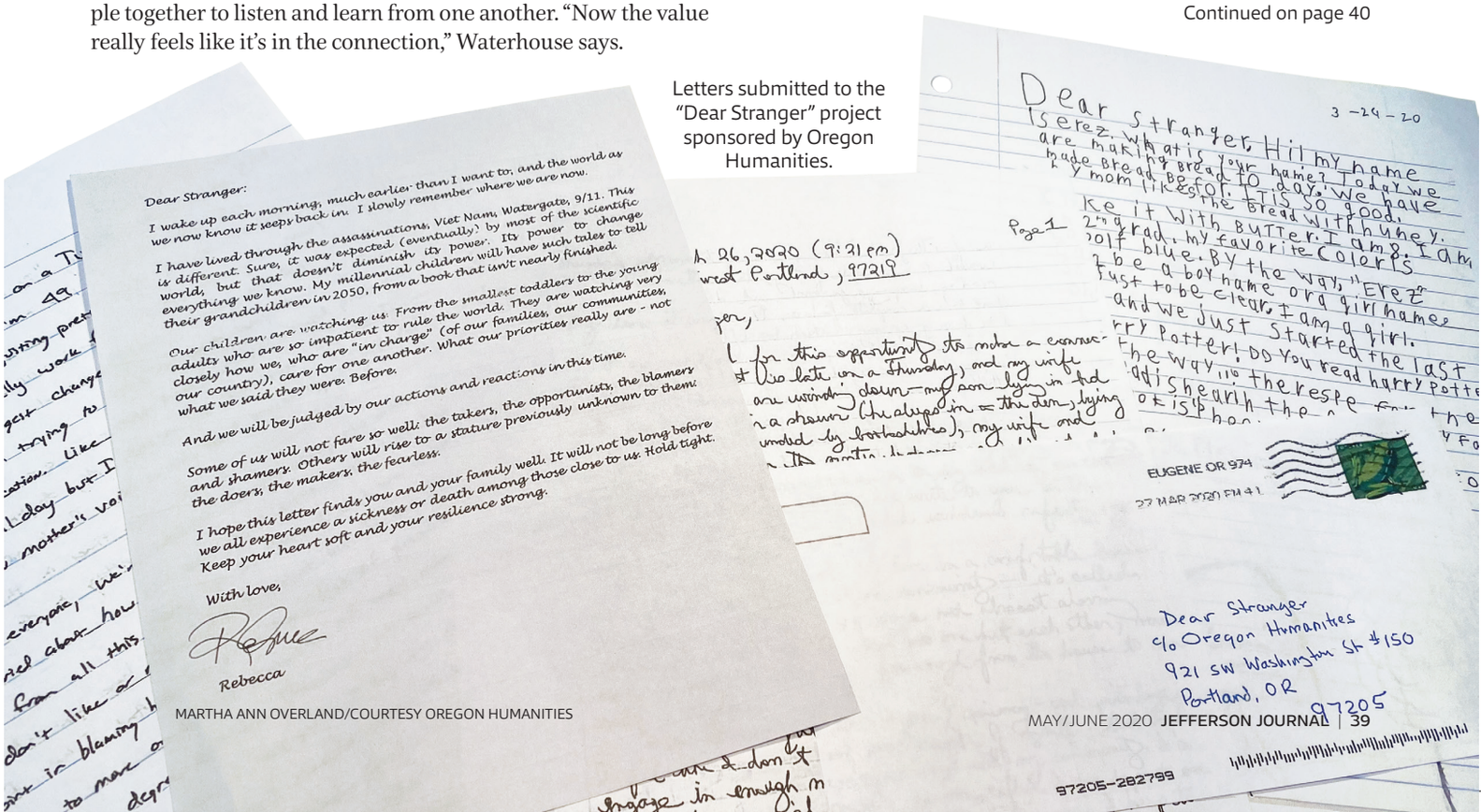
This year’s theme was politics but by mid-March it was obvious that the coronavirus was overwhelming people’s lives and thoughts, and it was added as an option.

Dear Stranger has received twice the number of submissions it normally does at this point in the three-month long project.

Why people write

“I decided to write a Dear Stranger letter just because we’re locked up in the house,” Rich Lufrano, 49, says. “We are bored and I guess like maybe many other Americans right now I was looking for some kind of feeling, a connection, or a way to feel closer to people.”

Continued on page 40



Letters submitted to the “Dear Stranger” project sponsored by Oregon Humanities.

MARTHA ANN OVERLAND/COURTESY OREGON HUMANITIES

Continued from page 39

Lufrano's 8-year old daughter, Erez, also wrote a letter. The second grader clarified that her name can be a boy's or a girl's but "just to be clear, I am a girl!" She shares that her favorite color is cobalt blue and her favorite book is *Phoebe and Her Unicorn*. Father and daughter both wrote about using the time at home to bake together, and included copies of their favorite bread recipe.

David Wolf, who lives in Portland, Ore., with his wife, two children, a dog and cat, marvels at what he calls the "almost alarming privacy." Even though they took the dog out for a walk, he writes in his letter, "today we saw no one but each other."

"This is different"

Many of the letter writers speak of a sense of a shift taking place as the magnitude of the virus hits home.

Rebecca McCroskey of Eugene, Ore., writes that she has "lived through the assassinations, Viet Nam, Watergate, 9/11. This is different. Sure, it was expected (eventually) by most of the scientific world, but that doesn't diminish its power. Its power to change everything we know."

"Our children are watching us. From the smallest toddlers to the young adults who are so impatient to rule the world ... And we will be judged by our actions and reactions in this time."

"Some of us will not fare so well: the takers, the opportunists, the blamers and shamers. Others will rise to a stature previously unknown to them: the doers, the makers, the fearless."

As many of the letter writers do, Rebecca Goehring of Florence, Ore., worries about her friends and neighbors who are in self-quarantine, as well as strangers who may be alone. Her town prides itself on looking after one another but she is hearing horror stories of people pushing in lines and fighting over rolls of toilet paper.

"We can all do better"

"My understanding of the values in my community and my country have changed, somewhat," Goehring writes. "I see a community and country that is putting self first in many instances."

"I grew up with President Kennedy and his infamous words 'Ask not what your country can do for you, ask what you can do for your country.' We can all do better."

An educator by profession, David Wolf muses that his attempts at getting his children to study, to do some reading or math, has been a complete failure. He writes that he's had more success in the kitchen. He butterflied and roasted a chicken at high temperature, which he reports came out crispy and moist.

But in his letter, Wolf returns to the horrors facing the nation, where hospitals are overwhelmed with sick patients, where health care workers on the front lines are putting their own lives at risk.

"It's only right now as I write to you that this question of how I can be more helpful beyond being a laissez-faire parent and a decent family cook, that this question – and this need – for greater engagement and connections hits me in my chest," Wolf writes. "It would be wonderful to sit with you face-to-face and begin a true conversation."

Every letter must come to an end. And some of the most life-affirming lines are saved for last.

"I wish you and your family health and safety and the strong support of each other. I hope you feel alive and alert to this moment, as I am trying, sometimes struggling, to be. I extend my arm to you as a fellow Oregonian, and wish you hopeful and resilient days at this challenging time. In solidarity, David" (Wolf)

"Hold tight. Keep your heart soft and your resilience strong. With love, Rebecca" (McCroskey)

"Ples rite back! By!" (Erez Lufrano, age 8)

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Dear Stranger:

I wake up each morning, much earlier than I want to, and the world as we now know it seeps back in. I slowly remember where we are now.

I have lived through the assassinations, Viet Nam, Watergate, 9/11. This is different. Sure, it was expected (eventually) by most of the scientific world, but that doesn't diminish its power. Its power to change everything we know. My millennial children will have such tales to tell their grandchildren in 2050, from a book that isn't nearly finished.

Our children are watching us. From the smallest toddlers to the young adults who are so impatient to rule the world. They are watching very closely how we, who are "in charge" (of our families, our communities, our country), care for one another. What our priorities really are - not what we said they were. Before.

And we will be judged by our actions and reactions in this time.

Some of us will not fare so well: the takers, the opportunists, the blamers and shamers. Others will rise to a stature previously unknown to them: the doers, the makers, the fearless.

BEN WATERHOUSE/COURTESY OREGON HUMANITIES

Letter submitted to "Dear Stranger" by Rebecca McCroskey of Eugene, Ore.

UNDER-GROUND HISTORY

CHELSEA ROSE

Since most of us are spending the bulk of our time in one place, you can look around and see what 'artifacts' of COVID-19 are in the pandemic nest you are building.

The Archaeology Of Right Now

I am writing this in mid-April, roughly a month into extreme social distancing measures. As I write, I am watching a pair of Steller's jays outside my makeshift office (formerly known as the dining room table). They are attempting to make a nest on a mounted antler rack, complete with foraged sticks, grass and straw, and what I just discovered to be disinfecting wipes that they are apparently stealing from the garbage. As no one could have imagined the world we are currently living in a month ago, I won't even hazard a guess as to what it will be like by the time you read this. Regardless, the material culture of the pandemic is already visible. Sandwiched between the daily moments of horror, anxiety, and worry, the anthropologist within me is captivated by the fact that we are living through an unprecedented historical event. Just like those birds outside my window, we are all creating a material record of the ways in which we are simultaneously impacting and being impacted by the Global Pandemic. This recursive relationship will be fodder for historians, sociologists, and anthropologists for decades to come. What will this look like? That depends on us. The choices we make, opportunities we have, and circumstances we each face over the next few months will shape the history of right now.

Will anyone really care that there were newsworthy shortages of toilet paper and flour? Will future scholars even be able to comprehend the critical role that Netflix's Tiger King played in week one of our collective quarantine? While some aspects of the moment might be looked back on with humor, there are others that will be more puzzling. Why were we not more prepared? Why in America, one of the richest nations on earth, were health care professionals fighting on the front lines with critical armor improvised from old elastic headbands, coffee filters, and garbage bags? Why indeed.

Continued on page 42



CREDIT: CHELSEA ROSE

The *pandemic* nest of a pair of Steller's jays, complete with a disinfecting wipe.

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Underground History

Continued from page 41

Since most of us are spending the bulk of our time in one place, you can look around and see what 'artifacts' of COVID-19 are in the pandemic nest you are building. Have you been caching toilet paper and bread flour? Have you been rummaging through closets and craft supplies for materials to make masks for the community? Are you living apart from your family in a makeshift camp to protect them from exposure while you help others? Have you set up an improvised workstation at home? Are you one of the millions scrambling to homeschool kids, get unemployment, or keep a shuttered business afloat during indefinite closures? While we are all living through the same moment, we are each doing it differently. Much is beyond our control right now, yet we are all faced with daily decisions, however small. If you are privileged, your biggest concern might be boredom. If you are not, contracting COVID-19 might be low on the list of things that are currently life threatening.

So what is your pandemic story? We all have many choices ahead of us before this is over, and you can never tell what actions will save lives, inspire others, or what will become cherished family stories or cautionary tales. Take pictures. Document not just your fancy quarantine meals or first homemade facemask, but even what seems mundane at the moment, because *none of this is normal.* But I'm not the only one curious about how you are making history. The Oregon Historical Society was quick to recognize the importance of this unique circumstance and has put out a call for COVID-19 stories, as "we are experiencing something right now that practically no one on earth has experienced before." The Southern Oregon Historical Society is developing a similar program, and I am sure others will follow. I encourage you to record and share your pandemic adventures for posterity. Ironically, the Coronavirus has also hit amidst the largest national effort at documenting the American population: the Census. Please do your part and ensure your household is counted. These numbers matter now and the data will also be important for future scholars studying the history of the 21st century.

I have no idea how this will end. Clearly, no one does. But I do know that someday down the road environmental scientists will note an interesting dip in pollution levels in the spring of 2020 and a rewilding of parks and urban interfaces. Historians will come across documents describing distilleries across the nation halting the production of booze to make hand sanitizer. And my future colleagues will encounter the thousands of disposable rubber gloves that are being discarded carelessly and making their way into the archaeological record of COVID-19. If you are feeling helpless right now, just remember that your actions are shaping history. If you can, make them count.



Chelsea Rose is an archaeologist with the Southern Oregon University Laboratory of Anthropology (SOULA) and co-host of Underground History, a monthly segment that airs during the Jefferson Exchange on JPR's News & Information service.



MILK STREET

CHRISTOPHER KIMBALL

Palestinian Upside-Down Chicken And Rice (Maqlubeh)

Maqlubeh translates from the Arabic as "upside down," which describes how this traditional mulitlayered rice dish is served. Though our streamlined recipe still requires a small investment in ingredients and prep, the work mostly is front-loaded and produces a one-pot dish impressive enough for a special occasion. For proper cooking, it's important to use a pot 9½ to 11 inches in diameter and 4 to 6 inches deep. After searing and removing the chicken, we line the bottom of the pot with a parchment round to guarantee that the rice, which forms a crisp, browned bottom layer, does not stick when the pot is inverted for serving. If you prefer, you can serve directly from the pot, but we still recommend lining the bottom of the pot with parchment. The classic accompaniment for maqlubeh is a tomato, cucumber and yogurt salad.

Don't forget to soak and rinse the rice. This helps the grains cook up light and separate.

Ingredients

- 2 cups basmati rice
- Kosher salt and ground black pepper
- 1½ pounds bone-in, skin-on chicken thighs, trimmed
- 4 tablespoons extra-virgin olive oil, divided
- ⅓ cup slivered almonds
- 8 ounces cauliflower florets (1-inch pieces)
- 8 medium garlic cloves, chopped
- 4 tablespoons (½ stick) salted butter, melted
- 4 teaspoons ground cumin
- 1 tablespoon ground allspice
- 2 teaspoons ground turmeric
- 1 teaspoon grated nutmeg
- ½ medium eggplant (about 8 ounces), sliced into ¼-inch-thick rounds
- 1 quart low-sodium chicken broth

2 HOURS 30 minutes active, plus resting

8 SERVINGS

Directions

1. In a large bowl, combine the rice and 2 tablespoons salt. Add water to cover by 1 inch, then set aside. Have ready a lidded pot that measures 9½ to 11 inches in diameter and 4 to 6 inches deep. Cut 2 rounds of kitchen parchment the size of the pot.

2. Season the chicken all over with salt and pepper. Set the pot over medium and heat 1 tablespoon of the oil until shimmering. Add the chicken skin down and cook until browned, about 10 minutes. Transfer to a plate and set aside. Remove the pot from heat. Place 1 parchment round on the bottom, then turn to coat it with fat.

3. Add the remaining 3 tablespoons oil to the parchment-lined pot, then sprinkle evenly with the almonds. Drain the rice in a fine mesh strainer, then rinse under cool running water and drain again. Scatter 1 cup of the rice in a thin, even layer over the almonds. In a medium bowl, mix together the remaining rice with the cauliflower, garlic, butter, cumin, allspice, turmeric, nutmeg and 1¾ teaspoons each salt and pepper. Reserve ½ cup of this mixture, then distribute the remainder in an even layer in the pot.

4. Place the chicken in the pot, slightly nestling the pieces into the rice-cauliflower layer; discard any accumulated juices. Shingle the eggplant slices over the chicken in an even layer. Sprinkle with the reserved ½ cup rice.

5. Pour the broth into the pot (it will not fully cover the eggplant), then bring to a boil over medium-high. Set the second parchment round over the food, the cover the pot with the lid. Cook for 5 minutes, reduce to low and cook, undisturbed, for 35 minutes.

6. Remove the pot from the heat, uncover and let stand for 15 minutes. Remove the parchment, then invert a serving platter onto the pot. Holding the platter against the pot, carefully invert the two together; leave the pot overturned on the platter and let rest for about 10 minutes. Slowly lift off the pot and, if needed, remove and discard the parchment.

Christopher Kimball's Milk Street in downtown Boston—at 177 Milk Street—is home to the editorial offices and cooking school. It also is where they record *Christopher Kimball's Milk Street* television and radio shows. *Milk Street* is changing how we cook by searching the world for bold, simple recipes and techniques. For more information, go to177milkstreet.com. You can hear *Milk Street Radio* Sundays at 3:00pm on JPR's *News & Information service.*

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As It Was is a co-production of Jefferson Public Radio and the Southern Oregon Historical Society. The series' script editor and coordinator is Kernan Turner, whose maternal grandmother arrived in Ashland in 1861 via the Applegate Trail.

As It Was airs Monday through Friday on JPR's Classics & News service at 9:30am and 1:00pm, and on the News & Information service at 9:57am and 9:57pm following the *Jefferson Exchange*.

Flu Season Brings to Mind Killer Flu Pandemic of 1918-1919

BY KERNAN TURNER (*Editor's Note: First published in October, 2018*)

The start of flu season this fall and winter recalls the deadly influenza pandemic that swept the world a century ago. Known as "Spanish Flu" or "La Grippe," the pandemic killed between 20 and 40 million people between 1918 and 1919, including nearly 700,000 Americans.

When the pandemic reached Southwestern Oregon in October 2018, local officials reacted quickly to stem its spread. Medford Mayor C.E. "Pop" Gates required that masks be worn in public and closed all public gatherings, among them live and movie theaters, churches, lodges, and schools. Gates even tried to keep the railroad from bringing sick people to town.

Medford's Sacred Heart Hospital opened a flu ward, treating 150 people, 12 of whom died. Ten people died in Ashland.

In Klamath Falls, Red Cross volunteers worked seven days a week, providing medical supplies, including masks and warm pneumonia jackets.

Nearly 3,700 people died in Oregon, less than a half percent of the population at the time.

Last year's flu season was the most deadly in the United States in years, taking 80,000 lives. As of Oct.18 of this year, no deaths have been reported in Oregon during the 2018-2019 season.

Sources: Sources: Olumhense, Ese. "Flu killed more Americans last season than car crashes and drug overdoses. But Chicagoans can protect themselves." Chicago Tribune, www.chicagotribune.com/news/local/breaking /ct-met-flu-season-deaths-flu-epidemic-100-years -20181003-story.html. Accessed 21 Oct. 2018.

Chicken Cholera Plagues Early Settlers

BY SHARON BYWATER

Cholera plagued early Southern Oregon settlers from the mid to late 1800s. Caused by drinking water or food contaminated by the feces of an infected person, the dreaded disease attacked miners and others who emigrated to the West in search of gold or a new life.

It is said that Chinese mine workers largely avoided cholera because they boiled the water they used for making tea.

Chicken cholera was also virulent and could kill a whole flock. An early remedy for chicken cholera in Southern Oregon was found on an old, handwritten scrap of paper among the archives of the Southern Oregon Historical Society. It called for dissolving iron sulfate in a gallon of boiling water, adding sulfuric acid, and placing the mixture in a tightly corked jug. An addendum to the scribbled note warned the remedy was "certain death for pigs."

Chicken cholera was one of the first diseases studied by the French chemist and microbiologist Louis Pasteur, who in 1879 created a chicken cholera vaccine, heralding the birth of immunology and a reliable way to save the flock.

Works cited: "Louis Pasteur and the Development of the Attenuated Vaccine." VBI Vaccines, VBI Vaccines, 23 November 2016, www.vbivaccines.com /wire/louis-pasteur-attenuated-vaccine/. Accessed 12 Dec. 2019; Sundstrand, Jacque. "The Difference Between Chickens and Pigs." Southern Oregon Heritage Today, vol. 2, no. 9, Sept. 2000, p. 5.

POETRY

PHILIP NEWTON

The Empty Sea

This ship stunned and crusted
Shelled things clung and died
Iodine weeds, brittle, dried
There once had been a world

Whispering socket, cracked cup
Tentacles beckon and crumble
I saw you down among the rocks
There we'd dry or drown

I want to take the wheel again
Deck's pitch answering waves
Beneath my feet a nation
Hungry, bright and deathless

It's been too long
No one comes here
Stairs empty into silence
Your footsteps fill with ooze

Winds moan in the afternoon
Twisting knots of bone
You wander off in the evening
Tonight I'll cast a net of stars

In What Was Otherwise Night

Sometimes you found me
out there in the lost hours
One yellow light burned
in what was otherwise night

Sometimes the alcohol worked
Sometimes the steel letters
struck home, punched through
the black winding ribbon

There should have been
more time on boats
in fields of fever grass
I should not have been so faithless

I was thinking of you
now, chopping potatoes
somewhere in a home
in a town I'll never see

That silence between us
could break like a bell
The light still burns
It's like we never left

Philip Newton is a writer and musician who lives in the Applegate Valley. His poems have appeared in Ink in Thirds, Coal Literary, Ibis Head Review, and other magazines. His novel, Terrane, was published by Portland's Unsolicited Press in September 2018.

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